

## PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

### MESSAGE

PRESIDENT'S

As we pass through another year we count our blessings and honor those we will miss forever. I have so many, and just recently the war took a young Marine who was at my house for Christmas dinner, making my signature line for the past many years so very important, "Pray for our Troops" add, and for their families.

We are building PRO's 2011 VIRTUAL CHRISTMAS TREE—PLEASE JOIN US, letter on page 3. Go to [ParkinsonsResource.org/uncategorized/celebrating-our-loved-ones-this-holiday-season/](http://ParkinsonsResource.org/uncategorized/celebrating-our-loved-ones-this-holiday-season/) and see who has already helped with special messages and remembrances. You are so appreciated

Many of you asked about my acceptance of the National Elder Leadership Award in Boston on November 11th. It was simply wonderful. Attorney Ron Fatoullah, from New York, spoke a very impassioned introduction of me and referred to his favorite uncle who had Parkinson's. He said he and his family wish they had known about Parkinson's Resource Organization when Uncle was alive. A picture of the event can be seen on page 2 with more pictures on our website. Mr. Fatoullah wrote, "You have a fan in New York! Let's chat in the near future to see how my firm can get involved in your efforts on the East Coast."

Again, "Did you know that vision effects walking, balance, penmanship and even cognition"? VISION, POSTURE AND BALANCE FOR THE PARKINSON'S PATIENT by Janet Kohtz, FCOVD can be found on this page. We are working on having the 500 or so neuro-optometrists in the United States listed in the WELLNESS VILLAGE on our website

Our continuing efforts to bring about ULTIMATE QUALITY OF LIFE for people with Parkinson's, a continuation of the TMJ/TMD information can be found on page 5 with the article MRI STUDY SUGGESTS BRAIN BLOOD VESSEL ABNORMALITY MAY BE FACTOR IN PARKINSON'S DISEASE.

You will find CHRISTMAS RECIPES on page 6 from Family Fun Magazine just because it is the season.

On behalf of everyone who benefits from our efforts, thank ALL OF YOU who made donations this year, please continue so by mailing them to us at 74-478 Highway 111, No. 102, Palm Desert, CA 92260 or by making them on line through our secure website, [ParkinsonsResource.org/contribute](http://ParkinsonsResource.org/contribute).

I look forward to bringing Marines to my house for Christmas day again this year. It brings such joy to me and the neighbors to say thank you to them. Here is one of the messages I got back last year:

*LCpl Hollingsworth, Oran E.  
USMC*

*Good evening, this is LCpl Hollingsworth. I was one of the nine Marines you had over for Christmas. I was the one in the uniform with the green pants and brown shirt. You ask me to*

*cont. on page 7*

### VISION, POSTURE AND BALANCE FOR THE PARKINSON'S PATIENT

By: Janet Kohtz, FCOVD

Did you know that your vision is directly affected by your posture and balance? Did you know that your posture and balance can cause changes in your glasses prescription? Did you know that soccer players almost always have "good" eyes? Did you know that as we age and are slowed down by disease and discomfort it causes a change in our glasses prescription? Why is this? The good news is that it is possible for a neuro-optometrist to have a positive effect on posture, balance, gait and movement through the application of lenses and prisms.

In other words, prisms and lenses can cause a realignment of the body through the re-integration of the neural pathways in the brain. Prisms and lenses are extremely powerful tools that a knowledgeable optometrist, working in the area of neuro optometric rehabilitation, can use to alter the distribution of light entering the eye and passing into the brain. These tools are more widely in use now with our war veterans as well as other patients with acquired brain injury, such as Parkinson's, MS, stroke patients, and victims of accidents.

Let me acquaint you with a different type of structuring of the visual system than you might be used to. You may possibly have heard, and rightfully so, that the visual system is composed of parts that control focusing near and far, turning the eyes in and out, and moving the eyes from point to point, such as along a line of print. These are considered oculo-motor problems. I will be discussing non oculo-motor problems.

How is this relevant to patients suffering from acquired brain injury such as Parkinson's? I am going to suggest dividing the visual system up in another way, called FOCAL and AMBIENT.

Basically, the focal system is the central vision and the ambient vision is the peripheral vision. And remember, vision is the result of each individual's operation of these systems as they occur in the brain, not the eyes. The eyes are only the transmitters of information. The brain organizes the visual information and integrates it with posture, movement, spatial organization, manipulation of the environment, and to its highest degree, perception and thought. That's right. What we see determines how we think. Like the umpire said, "it ain't nothing 'til I call it!"

So let's move ahead with these two systems. A focal system is for information processing. It is not relevant to motor-sensory. The focal system has no interest in where you are in space. It is considered a FEEDBACK system. First, something is seen. Processing occurs

*cont. on page 7*

## ALL MEETINGS BEGIN AT 7:00 PM. EXCEPT AS NOTED.

The current support group meeting locations are listed below. Contact the PRO Office.

~ **West Los Angeles/Brentwood • Caregiver only/ Person with Parkinson's only (two in one)** Meets Dec 1st ~ 1st Thursday of the month ~ at OPICA Adult Day Care Center, 11759 Missouri Avenue, West Los Angeles.

~ **Long Beach • Educational** • Meets Dec 7th ~ 1st Wednesday of the month ~ at Bixby Knolls Towers, 3737 Atlantic Avenue, Long Beach.

~ **Newport Beach • Education • (meetings alternate)** Meets Dec 8th ~ **Oasis Senior Center • 2nd Thursday** of month ~ at 801 Narcissus, Corona Del Mar.

~ **Palm Desert • Open Meeting, Emotional Support** • Meets Dec 12th ~ 2nd Monday of the month 6:30 PM ~ at Portola Community Center, 45-480 Portola Avenue, Palm Desert.

~ **Glendora • Caregiver Only • (meetings alternate)** Meets Dec 14th ~ 2nd Wednesday of the month ~ at Foothill Nursing Center, 401 W. Ada Avenue, Glendora.

~ **Manhattan Beach • Caregiver Only** • Cancelled for the Holidays ~ 3rd Tuesday of the month ~ at the Keller Williams offices, 1601 Pacific Coast Highway, Suite 265, Hermosa Beach.

~ **Tarzana • Caregiver Only** • Meets Dec 21st ~ 3rd Wednesday of the month ~ at the Providence Tarzana Outpatient Therapy Center, 5359 Balboa Blvd, Encino.

~ **West Los Angeles/Brentwood • Educational Only** • Meets Dec 15th ~ 3rd Thursday of the month ~ at OPICA Adult Day Care Center, 11759 Missouri Avenue, West Los Angeles.

~ **Manhattan Beach • Educational Only** • Cancelled for the Holidays ~ 4th Tuesday of the month ~ at the Keller Williams offices, 1601 Pacific Coast Highway, Suite 265, Hermosa Beach.

~ **Palm Desert • Educational Only** • Cancelled for the Holidays ~ 4th Monday of the month 6:30 PM ~ at Portola Community Center, 45-480 Portola Avenue, Palm Desert.

**CAREGIVER MEETINGS (For Caregivers Only. No PWP's please)** – Come share the ups and downs of living with Parkinson's. Together there are ways of finding solutions that, when alone, you might never consider. No need to continue with your frustrations because you are not alone. Give yourself a break. This is a confidential forum for sharing and caring.

**EDUCATIONAL MEETING** – We invite the community, especially the Person with Parkinson's and their family or friends, to attend. Please call contacts listed in each meeting description to make reservations so the coordinator knows how to set up the room. It's the proper and respectful thing to do.

**PARKINSON'S MEETINGS "For People with Parkinson's only"** – These meetings are for People with Parkinson's or Parkinsonisms ONLY. Come share the ups and downs of living 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. This is a fabulous forum for sharing and caring.



Washington, D.C. – The National Academy of Elder Law Attorneys (NAELA) was proud to present its 2011 Elder Leadership Award to Jo Rosen, Palm Desert, California. NAELA recognized her significant contribution and presented the 2011 Elder Leadership Award on November 11, 2011, in Boston during the National Aging and Law Institute.

“Through her selfless dedication to this community and her leadership getting volunteers to participate at the grassroots level, Ms Rosen has made a difference to the lives of seniors and others who deal with this debilitating disease,” said NAELA President Edwin Boyer, Esq. “We are pleased to have this opportunity to recognize her achievements with the NAELA Elder Leadership Award.”

## PRO'S 2011 VIRTUAL CHRISTMAS TREE PLEASE JOIN US

*Happy Holidays!!! And THANK YOU for your past patronage.*

WE'VE DONE IT AGAIN! Thanks to today's technology we've created a new, ENHANCED way to proactively help the Parkinson's community by touching MORE people FASTER with increased INFORMATION and VITAL RESOURCES.

**"To support People with Parkinson's, their families, and caregivers, achieve the Ultimate Quality of Life as they go through their journey"** is the Parkinson's Resource Organization's mission. Thus the creation of **THE WELLNESS VILLAGE**; A resource-referral directory serving the Parkinson's Community like no other in existence.

The WELLNESS VILLAGE, once just a dream, is now a vibrant active reality. A comprehensive online, single source for information and resources offering one-click access for our Parkinson's community to Doctors, Dentists, Legal and Accounting Professionals, Care Agencies, Care Facilities, Advisers and all services relevant to the Parkinson's community.

As communication methods evolve and improve, we consistently evaluate our systems, looking for the most effective, far reaching and helpful ways to deliver our message to all those seeking help and council during their Parkinson's journey.

In March 2011 (this year) we elected to move our monthly newsletter NEWSWORTHY NOTES to our NEW state of the art WEBSITE and deliver it to your email inbox regularly without fail. Sharing the newsletter with our loyal community as well as with the world is important to our mission.

If by chance, you do not have an e-mail address and wish to again receive our newsletter via US Postal service, contact us directly for details. For a nominal annual fee we are happy to resume delivery to your home via USPS. We want everyone to continue to receive the GREAT NEWS and IDEAS for maintaining QUALITY OF LIFE.

Your continued support is vital to our existence. We have replaced the handy donation envelope in the Newsletter with an easy to use and access DONATE button on the home page: <http://www.Parkinsonsresource.org>, Click the button and contribute as you wish. While there, be sure to browse our NEW ROBUST content: Articles, audio, video, and social media, all dedicated to supporting YOU in your quest for Ultimate Quality of Life.

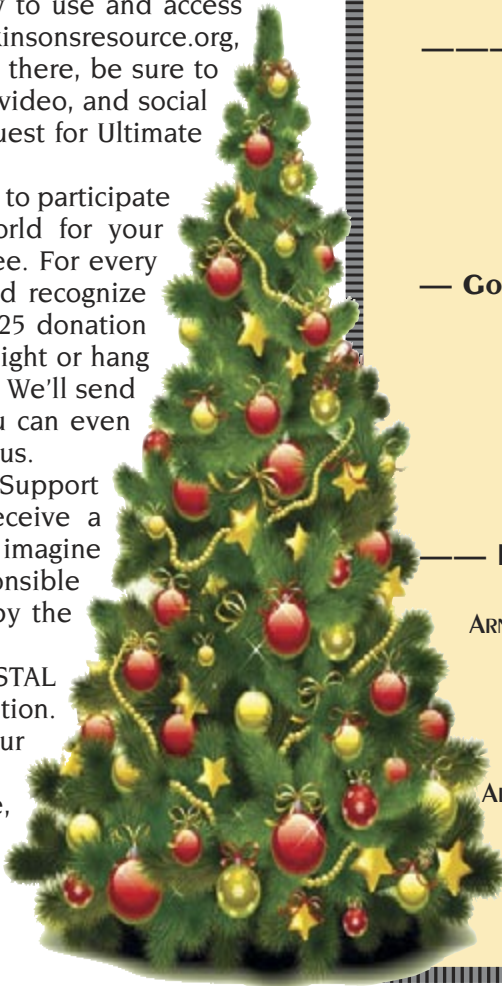
This Holiday Season we have an extra special way to participate in PRO's support and be recognized by the world for your generosity. We are building a Virtual Christmas Tree. For every \$10 Donation we will place a light on the tree and recognize you. For \$100 we'll give you 12 lights. For every \$25 donation an ornament will be placed in your name. Light a light or hang an ornament in honor or in memory of a loved one. We'll send them a card informing them of your kindness. You can even "sponsor" the TREE TOPPER, just get in touch with us.

As a reminder, donations are tax deductible. Support a worthy cause, recognize a loved one AND receive a deduction! It's a benefit to everyone. Can you imagine the joy when a meaningful, thoughtful and responsible Christmas card with your unique gift is received by the intended?

To continue to receive the Newsletter via US POSTAL SERVICE forward \$100.00 for a one year subscription. We'll even put a light on the Christmas tree in your honor!

Please help us continue helping more people, faster and better than ever before. Our gift to you is unwavering dedication to the Parkinson's community; May we count on you to help us?

As always your support is deeply appreciated.  
Wishing you the happiest of Holidays!



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## LOOK WHO IS IN THE VILLAGE

Take a look at who has joined the WELLNESS VILLAGE!  
Go to [ParkinsonsResource.org/wellness-village](http://ParkinsonsResource.org/wellness-village).

### *Elder Law Attorney*

William R Remery, Glendale, CA

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### *Transportation*

LA Car Service, Metropolitan LA Area

### *Healthy Products*

Xocai Healthy Chocolate

### *COMING SOON:*

#### *Care Facilities*

#### *Chiropractors*

#### *More Healthy Products*

#### *Vision Specialists*

#### *The Library*

**Surviving Without Your Md**

**Eric Is Winning**

**Journey Of A Healer**

**Parkinson's – Top Tips To Optimize Function**

**Parkinson's – Reducing Symptoms With Nutrition**

**Parkinson's – The Way Forward**

Please help us build this GLOBAL RESOURCE CENTER for the Parkinson's world. Make a donation or refer a professional. Until our launch quota is filled, the fee for a professional to join is discounted by 50%. Help us create a holiday gift to the Parkinson's World.

**DONATE NOW!**



## MRI STUDY SUGGESTS BRAIN BLOOD VESSEL ABNORMALITY MAY BE FACTOR IN PARKINSON'S DISEASE

*78% of Parkinson's Patients Evaluated Show Evidence of Vascular Compression Syndrome*

PITTSBURGH, Sept. 8, 2011 /PRNewswire-USNewswire/ — A potentially treatable blood vessel abnormality in the brain may be the cause of Parkinson's disease in some patients, according to a study published today in the journal *Neurology International* by a team of leading physicians and neuroscientists at Pittsburgh's Allegheny General Hospital (AGH). Recognized worldwide as one of the preeminent authorities on diseases associated with vascular compression of cranial nerves, the study's lead author, Peter Jannetta, M.D., is credited with developing the modern surgical technique to treat such conditions. Called microvascular decompression (MVD), the procedure involves repositioning compressive arteries in the brain and placing a protective pad between the artery and the structure it is compromising.

It was in course of treating a patient for the cranial nerve disease trigeminal neuralgia who also suffered from Parkinson's disease that Dr. Jannetta first observed the possible role of vascular compression in Parkinson's. In addition to vascular compression of the left trigeminal nerve, the patient also had notable compression of an area of the brain called the left cerebral peduncle. The cerebral peduncles are two cylinder-like nerve bundles in the brain stem that act as a conduit for signals that control motor functioning throughout the body.

After performing MVD of the left trigeminal nerve, Dr. Jannetta decompressed the patient's cerebral peduncle by mobilizing and repositioning the offending artery. The results were stunning. By post-operative day five, the patient's Parkinson's symptoms, including severe tremor and rigidity, had disappeared. She remained symptom free for 18 months, after which she suffered a full recurrence. A follow-up MRI scan showed new compression of the non-treated right cerebral peduncle by the opposite posterior cerebral artery.

Based on this case, Dr. Jannetta and his colleagues at AGH conducted a blinded MRI study analyzing the brains of 20 patients with Parkinson's and 20 healthy control subjects. The study showed that 78 percent of the Parkinson's disease patients had visible arterial compression/distortion of one or both cerebral peduncles.

Of the study's 20 control subjects, just two had low grade compression of the cerebral peduncle and one of those was subsequently diagnosed with Parkinson's.

A multi-center clinical trial to further explore the AGH team's premise has already been organized and is slated to begin later this year.

SOURCE: *Allegheny General Hospital*

*If you would like to make a donation,  
please make checks payable to:*

**PARKINSON'S RESOURCE ORGANIZATION**

**Toll Free 877-775-4111**

**74-478 Hwy 111, No. 102**

**Palm Desert, CA 92260-4112**

**501(C)(3)#95-4304276**

**Online Contributions:**

*[ParkinsonsResource.org/contribute](http://ParkinsonsResource.org/contribute)*

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# Christmas Recipes



## RUDOLPH AND FRIENDS

from **FamilyFun Magazine**

These dashing desserts pay homage to some of Santa's best-known helpers. They also make a fun activity for little hands after a holiday meal.

Total time: 1 hour 25 minutes  
Servings: 26

### INGREDIENTS

- Pretzels (standard shaped)
- Chocolate frosted cupcakes
- Tootsie Roll Midgee
- Mini vanilla wafer
- Red or brown M&Ms
- White M&Ms
- Black decorating gel

### INSTRUCTIONS

1. For each "reindeer," carefully snap two pretzels into antler shapes and press them into a chocolate frosted cupcake.
2. Finish by adding a pair of white M&M eyes dotted with black decorating gel.
3. Press on a mini vanilla wafer for a snout, then use a small dab of frosting to attach a red or brown M&M nose.
4. Shape each ear from a third of a Tootsie Roll Midgee and arrange them next to the antlers.

### TIPS:

**Where to Find It:** You can buy single-color bags of M&Ms at your local party or craft store.

**Tootsie Roll:** Is the iconic treat that launched America's favorite candy company, Tootsie Roll, offers a perfectly-balanced cocoa taste, lined with a subtle, fruit-flavored undertone—all incorporated into a delicious treat. Available in eight popular sizes and varieties: Midgees, Mini-Midgees, 5-Cent, 10-Cent, 20-Cent, Giant Bar, Count Good Bag, and Snack Bar.



## FROSTY THE BAGEL

### INSTRUCTIONS

1. Spread half a mini bagel with cream cheese, then add a baby carrot nose, sliced black olive eyes, and a sliced red pepper mouth.
2. For the earmuffs, simply curve a thinly sliced piece of celery along the top of the bagel as shown and hold it in place with a broccoli floret at each end.

## CHEESE BALL SANTA

The highlight of any Christmas party is an appearance by Santa -- especially this Santa. Defer to your kids' imaginations when you assemble this appetizer; try mini rice cakes instead of cream cheese for a beard or broccoli for ears. Before serving, bring it to room temperature for the best flavor and consistency.

### INGREDIENTS

- 1 8-ounce package cream cheese, softened
- 4 ounces Grated Sharp Cheddar cheese
- 1 tablespoon softened butter
- 1 tablespoon minced onion
- 1 clove minced garlic (optional)
- 1 teaspoon Dijon mustard
- 1/2 teaspoon tomato paste
- Black pepper, to taste
- Red bell pepper
- 1 to 2 cups whipped cream cheese
- Radish slice, carrot stick, pretzel, black olives, crackers, and a cherry tomato

### INSTRUCTIONS

1. Make Santa's face by blending the first eight ingredients in a large mixing bowl. Spoon the mixture onto a large piece of plastic wrap and shape it into a ball.
2. Tightly wrap the cheese and chill it for 1 hour. Unwrap the cheese ball and place it on a large serving tray.
3. Drape new plastic wrap over the cheese, then flatten and shape it into a face. Remove the wrap and turn the red pepper upside down for Santa's hat.
4. Spoon the whipped cream cheese into a sealable pint-size plastic bag. Seal the bag and make a small snip in a lower corner to create a pastry bag.
5. Use piped-on whipped cream cheese to stick a radish-slice pom-pom to the hat. Pipe on more cream cheese for a hatband, eyebrows, and a beard.
6. Press on a carrot nose, a pretzel mouth, olive eyes, and cracker ears. Add cherry tomato halves for rosy cheeks. Makes 8 to 10 servings.
7. Kids' Steps: Shaping Santa's face and then decorating it with vegetable features are perfect jobs for little helpers.

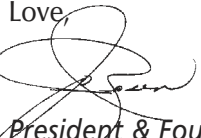


**PRESIDENT'S MESSAGE – cont. from page 1**

*send you the pictures so I have attached them. You can pick the one you like best. I also gave those CDs to the lady at the SMP like you asked. I would also like to take this time to thank you and those who helped for making our Christmas away from home a little more bearable. So thank you! Please keep not only us in your prayers but the military personnel overseas as well. My brother is in the Army and he has his first child due on Feb. 17th, and he won't be home till July. So again, thank you so much for your kindness. And tell your friends thank you too.*

*P.S. If you do this again next year? Could you please have an easier way for the Marines to keep track of their gear and presents? Maybe large labeled bags or something? My little bag with the home made stuff got lost in the confusion and I no longer have the Trini Lopez CD or his autographed picture, or the plates of food I made for later, SHUCKS! O-well, I will manage. Thanks again and God bless!*

Until next month, REMEMBER Pearl Harbor Day on December 7 and the first day of winter is December 21. I send best wishes and HAPPY HANUKKAH beginning December 20, MERRY CHRISTMAS on December 25 and HAPPY BOXING DAY and KWANZAA on December 26th. Remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,  
  
 President & Founder

**VISION, POSTURE, BALANCE – cont. from page 1**

in the brain. Information is being fed back based on what is seen or perceived to have been seen.

The ambient system, on the other hand, is a peripheral visual system that transmits information to the brain based on that received from the body and eyes, as the body moves through space. It is a function of vision relevant to posture and balance and gains information from the kinetic/proprioceptive systems (which gather information from the head, neck, spine, and balls of the feet), and the vestibular system (the ears as they pertain to posture and balance), regarding our motion and where we are in space. These systems process motor-sensory information and act as a FEED FORWARD for balance and posture. It is considered a survival system. It is what the football player uses as he weaves his way down the field. It is what the cave man used as he avoided the saber-tooth tiger lurking in the forest. It is what we use to avoid car accidents. And it doesn't work well unless both eyes work together. The information that comes in from the ambient (peripheral) system directs where we move next, in our body and our minds.

The sum total of the interaction of the focal and  
*cont. next column*

ambient systems is the perceptual/cognitive process, which equates to thinking and moving, that is to say, with vision leading movement. Remember, vision initiates the feed forward process that opens the door to foresee and to react to change, both of body position and thinking. How is this relevant to patients suffering from acquired brain injury such as Parkinson's?

We will start with the Focal system. You may have seen a Parkinson's patient leaning forward over a walking aid, looking down, and not moving, or moving very restrictedly. This is known as the Parkinson's shuffle, and is recognized by neuro-optometrists as OVER-FOCALIZATION. It means that the patient has engaged, and is stuck in, the focal feed back system. He is getting information into his brain about the space in front of him, and nothing more. When the body is stooped forward, the peripheral system shuts down so there is no feed forward (ambient) system working. The Parkinson's patient steps gingerly forward, or not at all, because he does not have the information coming in relevant to where he is in space. There is no spatial judgment occurring, no ability to avoid, or interact with, what is around him. This over-focalization represents a shut down cognitively. It is called cognitive interference.

Parkinson's disease is considered part of the group of problems under the umbrella called Post Traumatic Vision Syndrome, PTVS, and affects cognition, memory, attention, concentration, motor performance, speech and language. If there is no feed forward for motor movement, there is a loss of feed forward in the area of speech and language also. This FOCAL BINDING negatively compromises the ability of the Parkinson's patient to utilize the preconscious relationship between thinking a thought, and speaking it. This freezing causes the inability to RELEASE the thought-language-motor flow. And this can be positively influenced by the proper application of lenses and prisms by an optometrist who is skilled in the area of neuro-optometric rehabilitation.

How does the Parkinson's patient take advantage of this information? By locating a neuro-optometrist to properly analyze the functioning of the focal and ambient visual systems as they relate to the body's sensory motor systems. This examination includes detailed medical, social, developmental, neurological and visual histories, with questions regarding balance, posture, movement, and prior rehabilitation. This is followed by a lengthy visual analysis, which explores the limitations of ocular motility, misalignment of the eyes, and the limits of binocularity and depth perception. Posture is constantly being assessed as the clinician continues. Asymmetry is noted between the eyes, as it speaks to the alignment of the body and thereby the ability of the body to move through space. The visual midline of the body is also appraised.

In conclusion, the result of this complex analysis is a prescription for lenses and prisms to improve not only vision, but also balance and posture. Neuro-optometric rehabilitative therapy and light therapy can also be utilized to help re-open neuro pathways and visual fields, and enhance thinking.

*Dr. Janet Kohtz practices neuro optometry in Riverside, California. She attended UCLA and graduated from the Los Angeles College of Optometry. She is an associate clinical professor at Western University College of Optometry, a member of the Neuro- Optometric Rehabilitation Association and a Fellow of the College of Optometry of Vision Development.*



The Parkinson's Resource Organization has its own US Postage Stamp, the very first charitable organization to do so. You can now show your support for PRO by using this stamp on all your mail! PRO has partnered with PhotoStamps.com to create the PRO Stamp, and now you can order personalized postage stamps with your own favorite photos via the new PRO website! Either way, by using PRO's Partnership with Photostamps.com you'll be helping us and yourself. Just start by using the form below.

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\* Prices subject to change.

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Share your comments and return to the Pro Office: \_\_\_\_\_

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Your signature below signifies your permission to publish your comments.

Signed: \_\_\_\_\_ City/ST \_\_\_\_\_

## HELP US "STAMP" OUT FEAR & LONELINESS

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"Life is 10 percent what you make it and 90 percent how you take it."

— Irving Berlin

## NEWSWORTHY NOTES

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### PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

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