

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

July starts our support group summer sabbatical. So go out now and have a fabulous summer. Get plenty of exercise, stay hydrated, lots of belly laughs, **stay happy** and **stay healthy**. We present to you **7 HABITS OF HAPPY PEOPLE WHO LIVE WITH ILLNESS** on this page and **9 HABITS OF EXTREMELY HAPPY PEOPLE** on page 5. There seem to be good recipes in here.

Talking about recipes, Dariella Gaeta, MS, RD & one of her students at CSULB, Tara Frietas talk to you about **NUTRITION AND PARKINSON'S DISEASE: BONE HEALTH** on page 3 and even give you a recipe to our **Recipe of the Month: PINEAPPLE SMOOTHIE** on page 4.

Talk about getting a handle on your dietary needs, check out **CO-ENZYME Q10 STUDY STOPPED BECAUSE OF LACK OF EVIDENCE THAT IT DELAYS PROGRESSION OF EARLY PD** on page 6.

Sounds like you might need an "evidence based" therapy called **HEALING TOUCH** which we present on page 7.

They say there's NO FREE LUNCH, but there are FREE TELEPHONES if you live in the State of California. Check out **SPECIALIZED PHONES – CALIFORNIA TELEPHONE ACCESS PROGRAM (CTAP)** on page 7. There is even access to free telephone service is you are eligible. Already paid for by all of us; our gift to you if you are a candidate.

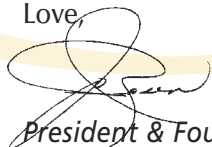
We have been so blessed to have some of the most innovative speakers in May and June. These speakers will be joining our on-line **WELLNESS VILLAGE** in our newly remodeled website. If you haven't visited recently, I invite you to please listen to our message at parkinsonsresource.org/about-us/message.html

We are populating **The Wellness Village**. We invite your help, your input and your feedback, as we build a Resource Center like nothing every built.

We need your donations so please continue using the **mailing address: 74-478 Highway 111, No. 102, Palm Desert, CA 92260** when making snail mail donations or make donations on line through our secure Website, ParkinsonsResource.org/contribute.

Until next month **HAPPY CANADA DAY, HAPPY 4th OF JULY-INDEPENDENCE DAY, and HAPPY BIRTHDAY** if it's yours. Remember to **CELEBRATE YOU and PRAY FOR OUR TROOPS!**

Love,



President & Founder

7 HABITS OF HAPPY PEOPLE WHO LIVE WITH ILLNESS

by Lisa Copen

Everyone handles the troubles in their lives in assortment of ways. While some people put on a happy face and intentionally decide they will use their illness as an opportunity, others will drive home from the physician's office anxious about how much longer they will be able to drive because of the seriousness of the pain. They'll lie down on the couch and not leave the house for years. Why do some people thrive even though they have a chronic illness while others simply go into survival mode, even using the illness as an excuse for everything that goes wrong in their life?

People who live with an illness and still radiate happiness and joyfulness for life have some things in common. No one copes with illness perfectly. People who live with an illness and who still are happy tend to have the following things in common:

They maintain hope. Research found that people who have hope actually recover from surgery faster than those who have less hope. Hope is fundamental and a basic step in finding contentment despite your situation. A good attitude to have might be "My illness is invisible but my hope shines through."

They persevere. It's no secret that living with chronic pain is...painful! Physically, emotionally, and spiritually it can zap our strength and spirit. Typically, our health is one of the main foundations we count on in order to have a change to conquer those dreams. Chronically ill people who are happy have learned how to continue to aim high for their dreams, or to reevaluate their dreams and create new ones. Sometimes the new goals are even more taxing than the original ones, but passion pushes them forward.

They are good advocates for their health. Paul J. Donoghue and Mary E. Siegel, authors of *Sick and Tired of Feeling Sick and Tired*, write "Getting this help in a consistently satisfying manner is as essential as it is challenging. You will need perseverance, courage and skill. You will need to understand your needs and be committed to getting them." Happy people feel like they have a say in their care and treatment and they seek out doctors that they have a partnership with who understand the lifestyle they desire and tries to help them reach it to the best of their abilities.

People with an illness who are happy tend to ask, "Why not me?" rather than "Why me?" They rarely play the victim card. To have this attitude takes effort if it doesn't come naturally. Many times people volunteer their time with organizations that may serve people who are also disadvantaged in some way. For example, they may volunteer for a group that serves

TMJ DYSFUNCTION

(An Ounce of Prevention)

By Dr. David Rolfe Wooten

The letters "TMJ" conjure up all sorts of ideas and opinions among both the lay public and dental and medical personnel. The reason for that is why I often refer to the Temporomandibular Joint (TMJ) as "the mysterious joint. It is the only joint of its kind in the human body. The type of joint it represents is a ginglymo-arthrodial joint. A ginglymus joint is a hinge-joint and an arthrodia joint is a gliding joint. The TMJ is the only joint that both hinges and glides. So from a purely anatomical perspective, the TMJ is a very complex joint. And that is only the beginning of its complexity.

There are 68 pairs of muscles that either directly or indirectly affect the position of the jaws. Together, those 136 muscles determine head, cervical, shoulder, and jaw position. Using a background in physics and engineering, Dr. Casey Gusay determined that the muscle controlled "pivotal axis" of the lower jaw occurred at the dens between C1 (the atlas or first cervical vertebrae) and C2 (the axis or second cervical vertebrae). Therefore, TMJ dysfunction and dental malocclusion causes a disturbing posturing of C1 and C2. This malposturing of C1 and C2 torques the "dura mater" which is attached to them. The dura mater is a thick and dense inelastic membrane that envelops the brain and the spinal cord. Torquing of the dura can cause scoliosis, cervical hypolordosis (military neck), thoracic hyperkyphosis (hump back), excessive lumbar lordosis (sway back), rotation of the pelvis resulting in uneven leg length, uneven shoulder height and quite possibly head tilt. When those 136 muscles are allowed to assume a more physiologically balanced relationship (by correcting the malocclusion, the jaw position, and the vertical dimension) the head assumes a more upright posture, the shoulders level off, the pelvic rotation relaxes allowing the leg length to equalize, and the overall body posture tends to normalize.

Adding yet more complexity to the TMJ is the fact that 92% of all the nerves that enter and exit the skull come in direct contact with either the sphenoid bone or the temporal bones, which coincidentally happen to be the two bones that are most influenced by the position of the jaws. If those bones are in a strained position due to jaw position, some of those nerves could be irritated and/or stimulated causing symptoms that would not seem directly related to the TMJ. That is exactly what happens.

Almost a half-century ago, two scientists named Penfield and Rasmussen, demonstrated that almost half of both sensory and motor aspects of the brain are devoted to the "dental area" or what I would call our gnathologic system. So, approximately half of the programming of our computer-brain that runs the body, comes from the gnathologic system. Consider also the fact that the muscles of mastication and the muscles of facial expression accurately and instantaneously register happiness, anger, fear, excitement, animosity, love, hatred, sadness, pain, sickness and all attitudes of the body. If there are malalignments in the gnathologic system, the impulse patterns will transmit stressful messages, inevitably to all parts of the body. Clearing up those pathological impulses through the correction of jaw position and malocclusion offers the possibility of elimination of many chronic and seemingly unrelated medical conditions

The late great Dr. Al Fonder labeled what I call TMJ dysfunction or cranial-mandibular-cervical dysfunction, the Dental Distress Syndrome (or DDS, now aren't those letters quite a coincidence). He said, "DDS patients complain of headache, dizziness, hearing loss, depression, worrying, nervousness, forgetfulness, suicidal tendencies, insomnia, sinusitis, fatigue, indigestion, constipation, ulcers, dermatitis, allergies, frequent urination, kidney and bladder complications, cold hands and feet, body pains and numbness and a host of sexual failures and gynecological problems. Elimination of the DDS reverses these chronic problems, the body chemistry and blood picture normalize."

 **WEAR A SILVER RIBBON!** 



- *To show you care about someone with Parkinson's disease or any other brain disease or disability.*
- *To help break the barriers to treatment and support.*
- *To help eliminate the stigma against those who suffer.*
- *To show you believe there's hope through education & research.*



**If you would like to make a donation, please make checks payable to
Parkinson's Resource Organization or via the website, ParkinsonsResource.org.**

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NUTRITION AND PARKINSON'S DISEASE: BONE HEALTH

By Dariella Gaete, MS, RD & Tara Frietas, CSULB Dietetics Student

Researchers say that those with Parkinson's have an increased risk of osteoporosis. This is due to the gradual decrease in mobility and poor intake of calcium and vitamin D rich foods in the diet. Women over the age of 50 are the most prone to osteoporosis; however, studies show that men, especially with PD are also at high risk. Not only are fractures among individuals common, but the time it takes to recover is much longer in PD patients.

What is osteoporosis?

Osteoporosis literally means "porous bones." Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks.

Bone Density Test

Diagnosis of osteoporosis is based on bone mineral density tests such as a DEXA scan. A score of zero means your bone mineral density is at the average for young adults in the same age and gender group. A score of greater than -2.5 indicates osteoporosis. If you score between -1 to -2.5 you have osteopenia. Osteopenia refers to bone mineral density that is lower than normal peak bone mineral density, but not low enough to be classified as osteoporosis.



Calcium and Vitamin D in the Diet

Although calcium is commonly the primary concern, it cannot work alone. Calcium and vitamin D are essential in the diet as they work together to form strong bones. Vitamin D allows for calcium absorbed efficiently in our bodies. It is recommended that people over the age of 50 should consume 1200 mg of calcium and 800 IU of vitamin D daily.

To meet your recommended calcium intake, aim for 3 to 4 servings of rich calcium sources daily. A serving consists of one cup of milk or yogurt, or one and one-half ounces of hard cheese. If you don't consume milk or cheese, don't be concerned, there are alternatives. Tofu, calcium-fortified soy beverages, fortified cereals, orange juice, and dark leafy vegetables also contain calcium.

To meet your recommended vitamin D intake you can spend more time outdoors! Spending at least 15-20 minutes a day in direct sunlight without sunscreen will greatly increase your vitamin D intake. Don't enjoy spending time in the sun? Again, there are alternative choices you can make. Try consuming vitamin D fortified milk, yogurt, breakfast cereals, and fatty fish (such as salmon) to meet your recommended intake. Use of a nutritional supplement containing at 1000 IU may be needed to meet vitamin D needs.

Dariella Gaeta is a Registered Dietitian with a certification in Adult Weight Management. She received her B.S. in Dietetics and M.S. in Nutritional Science from California State University, Long Beach, where she is also currently a part-time faculty member. She is a member of the American Dietetic Association, and serves as President-Elect for the California Dietetic Association, Orange District Region. Dariella was awarded "Recognized Young Dietitian of the Year" in California by the American Dietetic Association for 2010. Check it out and check it often, parkinsonsresource.org/wellness-village, our WELLNESS VILLAGE Where Dariella will be a regular contributor.

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Recipe of the Month: PINEAPPLE SMOOTHIE

Smoothies are great when you need a quick meal or snack. This smoothie recipe includes plenty of ingredients packed with antioxidants, satiating protein and gut-friendly probio.



Ingredients:

- Handful of ice
- 5-6 pineapple chunks (about 3/4 cup)
- 6 oz of plain non-fat Greek yogurt
- 5 oz pineapple juice
- 5 oz light coconut milk
- Handful of fresh cilantro leaves

Directions:

Place all ingredients in the blender, in the order listed above. Blend until smooth.

Nutrition Facts:

Calories: 322
Fiber: 2 grams

Carbohydrates: 42 grams
Protein: 19 grams

NOTES TO PRO

The new book *Parkinson's disease Top Tips to Optimize Function* has just been sent to you, with a nice feature of your conference etc,

I love the concept of the Wellness Village – it is quite brilliant! Where else internationally does one find such positivity as you offer to people with a true pursuit of management to maintain health within the constraints of illness? This has always been our philosophy and your Organization is a real Producer!

Lucille Leader Dip ION MBANT NTCC
London, England

THE ULTIMATE QUALITY OF LIFE SYMPOSIUM!

The five DVD set of the January 15 & 16, 2011 *ULTIMATE QUALITY OF LIFE: Parkinson's: A Paradigm Shift SYMPOSIUM* is awesome and currently priced at only \$125.00, plus CA sales tax (when applicable) and postage of \$5.65 (U.S.), \$15+ (outside of U.S.) Go to www.parkinsonsresource.org to make your order or call the PRO Office. On the website you can see other videos and listen to radio podcasts.

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For safe, secure and expedient processing, make your order online at www.parkinsonsresource.org.



**GET YOURS
TODAY!**

NINE HABITS OF EXTREMELY HAPPY PEOPLE

Happiness Can Be Learned and Practiced
Excerpted from *How We Choose To Be Happy*

1. Intention

To be happy, we have to make a conscious choice to do so, despite the cynics. This isn't merely positive thinking. It's a promise we make to ourselves to be happy about the decisions we make during the day.

2. Accountability

Take responsibility for our lives. Happy people refuse to act like victims and don't waste energy blaming. Happy people gravitate toward openness. People who intend to be happy look for ways they can improve the situation rather than waiting for others to make them happy.

3. Identification

Identifying what makes you happy is important. Take into account the full range of your desires—material, intellectual, emotional, physical, and spiritual. This exercise offers a great avenue for self-discovery. Your priorities become clearer. You may find that, in the long run, the job promotion or fortune or adventure you've been striving so hard for doesn't even match your deepest desires.

4. Centrality

Make your dream list the driving force in your life—that is, centralizing it. Become devoted to doing what makes you happy. That doesn't mean bulldozing over others to get what you want. "It's about following your healer." Centralizing gives us a personalized map to our own happiness and reminds us which way to steer our day-to-day decisions.

5. Recasting

Everything from minor disappointments to catastrophic setbacks in fortune and health can leave us feeling flattened. However, extremely happy people react to painful circumstances by recasting. They look for the lessons and the meaning in each challenging situation. Happy people dive into negative feelings head on and experience them deeply. They have a rich emotional palate, and once they have felt these feelings deeply, they begin to look for meaning in those feelings. They ask: How will I, and how can I, change as the result of this experience? How will it affect my relationships? What kind of spiritual value does this trauma have for me? At the same time, they maintain an intention to return to happiness as quickly as possible.

6. Options

Many of us feel trapped by jobs, lifestyle, lack of money, age, lack of training and so on. Most of these limitations are in our heads. If we had to change, we would find a way. But we don't have to wait for a push to see more options. Happy people make it a habit.

7. Appreciation

Appreciation is more than saying a polite thanks. It's the way we open our emotional floodgates and let our happiness flow into our world. Even the darkest experiences in life include something worth appreciating. A good exercise is setting a timer for five minutes and making a list of everything you appreciate.

8. Giving

Happy people are givers, but not because it is expected nor because they expect something in return. They give at the highest level of giving so that others can live better, more independently and more effectively. Giving does not focus on obligation or guilt or sacrifice. It's an expression of an inner fullness of spirit, a desire to share and contribute. Giving in its purest form—as when a father shares something of himself with his son—is powerful in its directness authenticity, and it has the potential of changing the entire course of a lifetime.

cont. on page 6

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7 HABITS – cont. from page 1

others who live with illness, or who have left abusive homes, maybe even a pet shelter. They recognize that this world is not perfect and when things are going pretty well in their lives, it's as a blessing, not a right.

They aren't overly sensitive and they don't take the comments of others too personally. If one has a strong foundation of faith they can make everything easier because they appreciate their value and worth as a person. They don't find worth in their physical strength. They learn what they're answerable for (like an attitude) and not responsible for (like an infection that keeps returning). This can help keep away unnecessary guilt for things out of their control.

They communicate adeptly. Being able to talk with others, explain your feelings, learning to listen effectively, and watching your words carefully, can help you avoid a lot of troubles. Misunderstandings, hurt feelings, and arguments can affect your whole life and your body's capacity to cope with an illness. One must learn to manage bitterness and focus on healthy relationships. Happy people with illness are good at understanding when to talk about their illness and how much to share about their personal lives.

They genuinely care about other people. No one wants to get a chronic illness to receive that "education in life" but people who are happy allow their experiences to be a gift of knowledge. They can share struggles and successes with others. They are able to use their experiences as a way to help a friend or become a mentor. To truly find happiness, we must look outside of ourselves and reach out to other people.

J.K. Rowling, author, once said, "It is our choices that show what we truly are, far more than our abilities." This quote is perhaps one of the most wonderful examples of a good attitude for those with chronic illness.

CO-ENZYME Q10 STUDY STOPPED BECAUSE OF LACK OF EVIDENCE THAT IT DELAYS PROGRESSION OF EARLY PD

New York, NY - Jun 03 2011

On May 27, the National Institute of Neurological Diseases and Stroke (NINDS) announced the halt of a large clinical trial conducted by the Parkinson Study Group (PSG) on the potential beneficial effects of the dietary supplement coenzyme Q10 (CoQ10) on reducing the progression of early Parkinson's disease (PD). Their reason: a mid-study analysis suggested that there is no improvement in the CoQ10-treated individuals in comparison to those receiving placebo (empty tablet) treatment and that continuing the program would have a very low likelihood of demonstrating any benefit from coenzyme Q10 usage in delaying the progression of early PD.

For this reason, the Data Safety Monitoring Board of the program recommended stopping the study. Individuals currently enrolled in the program have been notified and the study sites are in the process of meeting with all participants.

For the PD community, both scientists and people with Parkinson's and their care partners, this outcome is disappointing. In an earlier, far smaller study, there was preliminary evidence that people taking CoQ10 at 1200 mg/daily appeared to slow disease progression. For this reason, the current study focused on the effects of CoQ10 at 1200 and 2400 mg daily. The study involved the participation of 600 individuals with early Parkinson's in 67 North American study centers. To date, there were no reported safety concerns related to CoQ10 at dosages of 1200 mg/day and 2400 mg/day for up to 16 months of treatment.

Christopher G. Goetz, M.D., Chair of the PDF Medical Policy Subcommittee comments: "While a final judgment on the efficacy of CoQ10 must await full analysis of the data and peer review, PDF trusts the conclusion of the study sponsors that there is no evidence that CoQ10 reduces the progression of Parkinson's disease. The action taken on May 27 shows the vigilance of NINDS and PSG in assuring that individuals in the study are kept well informed throughout the duration of a study, and are advised immediately in the event that an investigative treatment is found to have little likelihood of success.

"People with PD who are receiving CoQ10, and who feel they have been substantially helped while taking this over-the-counter product, may wish to discuss with their physician whether the group results should lead them to stop CoQ10 treatment or to continue treatment because of their individual response.

"Fortunately, there are several new and on-going programs that are studying the same question of whether early treatment of PD can positively delay clinical decline. These agents work differently from CoQ10 and they offer individuals in the current CoQ10 program – as well as other people with early PD – key opportunities for potential enrollment to continue our quest to delay the clinical decline of PD."

NINE HABITS – cont. from page 5

9. Truthfulness

Most of us would probably say we're honest people who don't normally lie or cheat. But truthfulness is internal authenticity. It's knowing our own truth—what we as individuals feel, think, observe and want—and then conveying that to others. How often do you disregard your own preferences for fear of what others might think? How often do you cover up for a mistake or exaggerate to win approval? How much do you trust, or even understand, your own instincts? Happy people make a contract with themselves to always be authentic. They strive to understand and express their own "truths" in every situation.



SPECIALIZED PHONES: CALIFORNIA TELEPHONE ACCESS PROGRAM (CTAP)

A growing number of people in California have difficulty using the telephone because their hearing, eyesight, speech, memory or mobility is limited. Useful phones that amplify sound so voices are clear and other phones with large keypads for easy dialing are available along with other specialized phone equipment at **absolutely no cost** from the California Telephone Access Program (CTAP).

“This is a great program because there are so many people of all ages, especially California’s growing senior population, who have difficulty talking to businesses, family, friends, and others on the phone,” says Fred Navarro, an Outreach Specialist for CTAP in Los Angeles.

“Most of the people who apply for a specialized phone have low vision or hearing loss, but there are many people who have mobility and memory limitations, too,” says Navarro. “While some of these difficulties are common as we get older, some result from accidents, illnesses, and from other ways.

“During the last six years, I have met many people and have seen how this program can really changes lives,” says Navarro. The first question many people ask about the program is how difficult is it to apply for a free phone. According to Navarro, some people think that by contacting the program they will lose other government benefits.

“The good news is that it is very simple to apply for a phone,” says Navarro. “The application does not require a Social Security Number, income verification, or proof of U.S. citizenship.”

To receive a phone or other device at no-cost, the person applying for the phone must have phone service, live in California, and have a medical professional verify that he or she has limited hearing, vision, speech, mobility, and/or memory.

“Getting the correct person to sign your applications is not difficult,” says Navarro. “If you do not have your own doctor, you can go to the program’s website at www.ddtp.org and click on “Find a medical professional to sign your application”. You can also contact a local health clinic or health center for help. The important thing to remember is that the form cannot be signed by a nurse or a speech therapist.”

The California State program is able to provide phones at no cost to people who can benefit from them because the phones are paid for by a small surcharge on every Californian’s phone bill. It is important to understand that the people who receive these specialized phones will not have to pay for them and nothing will change on their phone bills.

For your convenience, the California Telephone Access Program (CTAP) has listed equipment by types of certification. Accessories are listed within each table following equipment photos and descriptions.

Please note: For all eligible certification types,

HEALING TOUCH

Healing Touch is a relaxing, nurturing energy therapy with a gentle touch that assists in balancing your physical, mental, emotional, and spiritual well-being. *Healing Touch* works with your energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard medical care.

Although individual experiences will vary, *Healing Touch* research suggests that there are many benefits, including the examples listed below:

- Reducing stress
- Calming anxiety, depression
- Decreasing pain
- Strengthening the immune system
- Enhancing recovery from surgery
- Complementary care for neck and back problems
- Deepening spiritual connection
- Supporting cancer care
- Creating a sense of well-being
- Easing acute and chronic conditions

Healing Touch is used in a wide variety of settings including hospitals, long term care facilities, private practices, hospices, and spas. Janet Mentgen, RN, founded *Healing Touch* in 1989 as a continuing education program for nurses, massage therapists, other health care professionals, and lay persons. Today *Healing Touch* has spread internationally and is taught in universities, medical and nursing schools, and other settings internationally.

What Happens In A Session? The first session involves a consultation as well as the energy session itself. The provider will ask a series of questions about the individual’s physical, mental, and emotional situation, and will answer any questions. Then the individual will lie fully clothed on a massage table while the provider gently places their hands slightly above or on the individual. The session generally lasts 40 to 60 minutes, and people frequently report feeling deeply relaxed and peaceful during and after the session. There is a cumulative effect of using *Healing Touch* over time and regular sessions are recommended.

As the WELLNESS VILLAGE parkinsonsresource.org/wellness-village is populated beginning this month, check it often for a *Healing Touch* practitioner in your area.

headsets are also available when needed.

- | | |
|-----------------------------|-------------------------------|
| <i>Low-vision and blind</i> | <i>Deaf and late-deafened</i> |
| <i>Deaf and blind</i> | <i>Hard of hearing</i> |
| <i>Speech-disabled</i> | <i>Cognitively-disabled</i> |
| <i>Mobility-disabled</i> | <i>General Accessories</i> |

To learn about how to obtain a special phone call 1-800-806-1191. (Spanish-speaking operators are available at 1-800-949-5650). You can find the locations of all nine Service Centers throughout the state by visiting the program website at www.ddtp.org, which can also be viewed in Spanish.



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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Getting Personalized PhotoStamps for yourself or as a gift is really special. Go to www.parkinsonsresource.org and click the PhotoStamps icon on the home page.



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Share your comments and return to the Pro Office: _____

Your signature below signifies your permission to publish your comments.

Signed: _____ City/ST _____

HELP US "STAMP" OUT FEAR & LONELINESS

Looking for the perfect way to honor your Parkinsonian? Or want to celebrate a special anniversary, birthday or any other event? Customize an actual postage stamp with a picture of your choice. Stamps are real. They are accepted by the US Post Office. They not only look great, but they provide a little funding for our many important programs. Remember, PRO is a non-profit, as in we have no profit, and all help will be enormously appreciated.



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"LIFE IS NOT ABOUT WAITING FOR THE STORMS TO PASS...

IT'S ABOUT LEARNING HOW TO DANCE IN THE RAIN!"

NEWSWORTHY NOTES

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PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

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