

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

PRESIDENT'S

As summer hits stride and temperatures heat up outside, PRO keeps things "crackin'" inside as the phones keep ringing, emails continue to fill our inbox, one-on-one session demands continue, the Wellness Village and, of course, the day-to-day business of managing a nonprofit, never slows down.

Regardless of the season, the month, week or day, Parkinson's continues to challenge thousands of Men, Women, our Mothers, Fathers, Brothers, Sisters, and Friends. As we enjoy a summer change of pace, the mission at PRO is never to stop, to continuously WORK for those unable to enjoy the quality of life we often take for granted.

With demand for our services neverending, PRO is launching its version of *Independence Day*: vowing *Independence* from the pain and struggle of Parkinson's, *Independence* from confusion, conflicts in information and the biggest challenge "*Who can I reach out to for help?*" We are here, every day to be the calming voice, the shoulder to lean on and the resource for solid, helpful guidance and information.

As you can well imagine, this ambitious task of consistent, and always available flow of information and connection to our community is not without the expense of money and time. To that point, and with gratitude to the **H.N. and Frances Berger Foundation**, we are launching PRO's **NEW WEBSITE** concomitantly with this issue of *Newsworthy Notes*.

The new and completely redesigned website offers visitors richer insight into the Organization's revolutionary optimization and its exciting growth. It offers quick and easy access to essential information and features that offer a more comprehensive understanding of the Organization's innovative access to information, products, and services.

The new website has a clean, uncluttered design, improved functionality and enhanced rich content focused on the Organization's mission **Working so no one is isolated because of Parkinson's Disease**. The new website goes live today, July 1, 2018, and is located at the same address: ParkinsonsResource.Org/.

Fire crackin' articles this month include: **ICBI UPDATE ON THE ROAD TO THE CURE** on this page; a few **FOURTH OF JULY TIDBITS** on page 2; **10 CONDITIONS TURMERIC HELPS FIGHT** on page 3; PRO participated in the **RESEARCH PRESENTED AT DRUG INFORMATION ASSOCIATION (DIA) MEETING IN BOSTON SHOWS CAREGIVERS PLAY MAJOR ROLE IN MEDICAL DECISION-MAKING** article on page 4; **WHAT'S YOUR LONG TERM CARE PLAN?** by Cypress Wealth Services on page 5; **PSORIASIS AND PARKINSON'S** on page 7; and our *Inspirational* article **POTATOES, EGGS, AND COFFEE BEANS** on page 8.

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ICBII UPDATE ON THE ROAD TO THE CURE

USPTO Approves two of ICBII's Patents

La Jolla, CA, June 25, 2018 - ICB International, Inc., ("ICBII") announced today that the US Patent & Trademark Office (USPTO) approved two of the Company patents. These patents protect:

- i) Blood-Brain Barrier permeable Peptide Compositions;
- ii) Use of peptide compositions for diagnosing and treating neurodegenerative diseases.

The approval of patents in the US helps ICBII commercialize its technology both in the USA and Europe. Of its ten or so patents, ICBII now has four patents approved, two in Europe and two in the US. The approved patent names and numbers are listed below:

1. *Methods for using antibodies and analogs thereof*, EP 2350655
2. *Blood-brain barrier permeable peptide compositions*, EP: 13000098.7
3. *Blood-brain barrier permeable peptide compositions*, US 13/917,010
4. *Blood-brain barrier permeable peptide composition*, US 13/736,852

Patent prosecution is a very expensive and lengthy process, and ICBII's patent attorneys are honing at least two more patents to be approved by year's end. The cost of prosecuting only these four patents was more than \$660,000 with the time taken for approval approximately six years. These patents substantially increase ICBII's value and profile and also make ICBII very desirable to big pharma as a licensing or acquisition target. Additionally, with such strong Intellectual Property (IP), ICBII becomes much more recognizable by the outside world.

Approval of these US and European patents have opened the doors for filing more patents in the US and Europe.

According to Ram Bhatt, the visionary and leading scientist at ICBII, "Notwithstanding the heavy costs, of prosecuting these four patents, we continued the science that imminently leads to the reversal of Parkinson's, and Alzheimer's in animals." And, he continued, "Thank you for your support that has helped us reach where we are today both regarding our IP and our scientific accomplishments."

Pharma Collaboration

A European pharmaceutical company has stepped forward wishing to collaborate with ICBII to develop commercial products for halting/reversing Parkinson's, Alzheimer's and MSA diseases. In a teleconference, on June 12 they stated they had just recruited new employees in their neurosciences division for the sole purpose of developing biologics for treating brain diseases.

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Our Wellness Villagers

ACUPUNCTURE

- Dr. David Shirazi

ANIMAL-ASSISTED THERAPY

- Canine Companions

AROMA THERAPY

- Renee Gauthier

ASSISTIVE TECHNOLOGY

- California Phones

BRAIN OPTIMIZATION

- Brain Optimizers

CARE FACILITIES

- Atria Hacienda

CHIROPRACTIC

- Dr. Curtis Buddingh

CLINICAL TRIALS

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- Kim L. Hartz, LMT, WABA

FOURTH OF JULY TIDBITS

"The harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value. I love the man that can smile in trouble, that can gather strength from distress and grow brave by reflection. 'Tis the business of little minds to shrink; but he whose heart is firm, and whose conscience approves his conduct, will pursue his principles unto death." — Thomas Paine

"I know not what course others may take, but as for me, give me liberty or give me death." — Patrick Henry

"The U. S. Constitution doesn't guarantee happiness, only the pursuit of it. You have to catch up with it yourself." — Benjamin Franklin

On July 4th, the United States of America will be 242 years old. That's a long time for a nation to remain free. But, when you take the long, historical view, America is just a **child** among the nations. Egypt, China, Japan, Rome, or Greece all make America's history seem so short.

Consider what a brief time we've really been here as a nation: When Thomas Jefferson died, Abraham Lincoln was a young man of 17; when Lincoln was assassinated, Woodrow Wilson was a boy of 8, and; by the time the nation mourned the death of President Wilson, Ronald Reagan was a boy of 12.

10 CONDITIONS TURMERIC HELPS FIGHT

Care2.com/

Michelle Schoffro Cook

From boosting memory to alleviating pain and inflammation, turmeric has been shown to help a whole host of health issues. The delicious, brilliant-yellow-colored curry spice deserves a place in your daily diet thanks to its many health-boosting benefits.

Here are some of the many reasons to eat more turmeric:

TENDONITIS - A root similar to gingerroot, turmeric contains a potent compound that, not only gives it its signature yellow color, but also its anti-inflammatory properties. In a study published in the *Journal of Biological Chemistry* researchers found that curcumin improved the healing of tendonitis, which involves inflammation of the tendons that help maintain our structural integrity. That's great news for anyone suffering from tendonitis, whether from a tennis or golf injury or gardening.

URINARY TRACT INFECTIONS - Recent research in the *Journal of International Molecular Sciences* found that curcumin helps to prevent kidney stones from forming in the urinary tract. It appears to prevent them from crystallizing in the first place. Considering the painful nature of kidney stones, anything that helps prevent their formation should be well-received.

MEMORY BOOSTING - You've probably heard of curcumin's benefits for memory but you might not realize just how quickly it starts working. Research published in the *Journal of Psychopharmacology* showed that within only one hour after taking a supplement containing one of turmeric's active ingredients, curcumin, study participants had a significant improvement in memory and attention tasks compared to the placebo group.

ALZHEIMER'S PROTECTION - Research shows that the curcumin may even help to protect the brain against the plaque-formation found in Alzheimer's disease. It seems to work by preventing the formation of beta-amyloid plaques—which are key factors in Alzheimer's disease. Even Alzheimer's patients who exhibited severe symptoms, including dementia, irritability, agitation, anxiety, and apathy, had excellent therapeutic results when taking curcumin, according to another study published in the Japanese medical journal known as *Ayu*. In that study participants had significant memory improvements when they supplemented with 764 milligrams of turmeric that contained 100 mg of curcumin, every day for a year.

PROSTATE CANCER - Turmeric shows promise against prostate cancer. In a study published in the medical journal *Precision Oncology*, researchers found that compounds in turmeric, as well as others found in apples and grapes, starved and shrunk prostate cancer tumors. While more research needs to be done on this promising research, it certainly offers hope for sufferers of prostate cancer. And, considering that turmeric is, not only safe, but also offers many other health benefits, it is worth considering in the prevention and treatment of the disease.

PARKINSON'S DISEASE - Turmeric also offers promise in the treatment of Parkinson's disease, a degenerative neurological disorder that is characterized by impaired motor functions and shaking. In a study published in *Experimental and Therapeutic Medicine*, researchers found that turmeric may protect the nervous system from the toxins involved in causing the nervous system degeneration in Parkinson's disease.

COLON CANCER PREVENTION AND TREATMENT - Curcumin not only shows benefits for prostate cancer, but it has also been found in multiple studies to reduce colon cancer risk. In one study published in *Cancer Prevention Research*, researchers found that curcumin suppressed the ability of colon cancer cells to proliferate, suggesting it may be beneficial in preventing and treating the disease.

OSTEOARTHRITIS - In a study published in the journal *Clinical Interventions in Aging*, researchers found that turmeric was as effective as ibuprofen in the treatment of osteoarthritis of the knees.

DIABETES - Research in the medical journal *Evidence-Based Complementary and Alternative Medicine* found that turmeric can help regulate blood sugars

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RESEARCH PRESENTED AT DRUG INFORMATION ASSOCIATION (DIA) MEETING IN BOSTON SHOWS CAREGIVERS PLAY MAJOR ROLE IN MEDICAL DECISION-MAKING

Vast majority of caregivers involved in doctor-patient interaction, researching treatment options and medical information, serving as a general "point person" in care

June 28, 2017, Boston - Findings from a recent online survey conducted by Rx4good in collaboration with 70 leading organizations, show that caregivers play a central and multi-dimensional role in researching, managing and participating in the medical care decisions of their loved ones.

According to the results, presented today as part of a panel discussion: **Beyond Adult Patients, Untapped Advisors in Clinical Development** at the DIA meeting, 91% of caregivers report being "very involved" in medical choices and/or treatment decisions, participating in an average of 17 doctor visits per year and accompanying their care recipient to see an average of six different healthcare providers in the past two years.

"Much is already understood about the challenges and burdens of caregivers," said Ann Moravick, President of Rx4good, "but until now, little was known about the extent of their role as medical decision-makers, including the precipitating factors in taking on the role of caregiver, their information-seeking priorities and habits or their engagement with healthcare practitioners. This research shows that caregivers are medical understudies, thrust into their role unprepared while learning continuously so they can be a true partner with their care recipient and health professionals."

"Sometimes we see the word 'informal' to describe the family caregiver, but as this research shows, there's nothing informal about the type of care unpaid family members and friends can provide," said C. Grace Whiting, J.D., President and CEO of the National Alliance for Caregiving. "Family caregivers are truly partners in care and should be integrated into models of care delivery. Shared decision-making should include not just the patient, but the family decision-makers as well." Among the research's key findings:

- **Forty-three percent of caregivers stepped into their role as a result of a medical emergency, 24% as a result of a new diagnosis and 20% as their care recipient's condition progressed. As a result, most are unprepared for the role and lack confidence in the beginning on how to care for a loved one with a medical condition.**
- **The caregiver/healthcare provider relationship is strong and based on trust. Eighty-eight percent of caregivers said doctors listen carefully to what they have to say, 87% say doctors respect their assessment of their care recipient and 85% say doctors treat them as a partner in care decisions. Caregivers who are more confident in their role have an even better relationship with their care recipient's physician - speaking to the need for helping caregivers with information and support as they take on the role.**
- **Top priorities of caregivers include: maintaining or improving quality of life of their loved one (68%), keeping their loved one safe from injury from falls, accidents or other mishaps (49%) and extending the life and health of their care recipient (41%). In contrast, caregiver stresses and quality of life take on a much less important role in their decision-making, illustrating how many caregivers consider their own needs secondary to those of their care recipient.**
- **Confidence and involvement of caregivers grows over time. Twenty-eight percent felt they had the information they needed to make medical decisions or treatment choice at the onset, 89% reported actively seeking information when first taking on their caregiver role, 40% considered themselves expert on the medical condition, medications and treatment options at first and 59% reported an increasing role in medical decisions over the past year.**
- **Caregivers are information-seeking. Seventy-nine percent said they frequently searched for information about the medical condition, medications and treatment options of their care recipient. And, regardless of their confidence, caregivers keep seeking information throughout their journey with the patient. Sources most relied on for information include: loved one's doctor(s) or other health professionals (76%), health information websites, such as WebMD (51%), medical journal or medical literature (39%) and friends of family members (37%).**

WHAT'S YOUR LONG-TERM CARE PLAN

Cypress Wealth Services

If you are healthy and thriving, it's easy to focus solely on building your savings to provide for your basic retirement expenses and forget about the potential need for long-term care as you age. But since an average 63% of today's 65-year-olds will require some form of long-term care during their lifetimes, it's important to have a plan to pay for these costs as well.¹ Do you know what your long-term care options are? What strategy is the best fit for you?

How Much Will Long-Term Care Cost Me? Long-term care costs are so high that they could potentially wipe out a bulk of your retirement funds. On average nationally, it costs \$253 per day or \$7,698 per month for a private room in a nursing home.² Furthermore, because of their longer life expectancy, women pay significantly more for long-term care. The average amount of time women require long-term care for is 3.7 years (or around 44 months), adding up to \$306,460 in expenses.³ For men, who need long-term care for an average of 2.2 years (or around 26 months), that equals \$181,090.

For assisted living, the average monthly cost is \$3,628, but it can range upwards of \$5,000 per month.⁴ And by 2026, the average cost is expected to increase to \$4,876 per month. These costs can vary based on the level of care and amenities needed, as well as the size of the room and the location.

Whether you're worried about potential health concerns or want to protect your hard-earned wealth, it's important to understand the long-term care insurance options available to you and whether or not a policy makes sense for your lifestyle and needs.

YOUR LONG-TERM CARE PLAN

Long-term care coverage isn't cheap either, but it pales in comparison to long-term care costs. Here are some options to consider when creating your long-term care strategy.

1. Traditional Long-Term Care Insurance

With traditional long-term care insurance, you pay a premium in exchange for the ability to receive benefits if they are needed. If you need long-term care at some point, the policy provides you with money to pay for it. If you never need long-term care, then you receive no benefits. It's a "use-it-or-lose-it" policy.

Just like any insurance policy, you will have some coverage choices to make:

Customized Coverage

You can choose the level of insurance you want and select the daily benefit amount for care in a nursing home. You can also add home-care coverage if that is a priority for you. To choose the right coverage amounts, you need to know what the cost of long-term care looks like in your state. For example, a private room at a nursing home in California will cost an average of \$9,700 a month, and hiring a home health aide could set you back over \$57,000 for the year.

Length Of Coverage

You must also decide on the length of time you want the benefits to be paid. Common options are one, two, three, or five years, or for your lifetime. Logically, the longer the benefit period, the higher the premiums you will need to pay.

Benefit Stipulations

Your policy will also indicate "benefit triggers," or conditions which must exist to receive benefits from the insurance company. A tax-qualified plan only pays benefits once you are unable to perform two of six activities of daily living without substantial assistance for at least 90 days, or have a cognitive impairment like Alzheimer's. Non-tax-qualified plans may have

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ROAD TO THE CURE – cont. from page 1**ICBII-UCSD COLLABORATION**

For the last couple of years, ICBII was working with the radiology department of a Canadian University to scan the brains of mice injected with its SMART molecules. 50% of the time the shipments, including SMART molecules, were delayed at Canadian Customs making them stagnant. ICBII is excited to be working with UCSD with these collaborative efforts. ICBII is diligently raising transgenic mice and building a large supply of its Parkinson's SMART Molecule to provide UCSD for testing the effect of chelators on the blood-brain barrier (BBB) permeability of SMART Molecules. If chelators do not retard BBB permeability, then ICBII can use UCSD's radiology facility to scan the brain of animals as opposed to sending samples to Canada.

ABOUT ICBII

The Company has developed breakthrough technology comprising of antibody mimics, referred to as SMART Molecules (SMs), to overcome the hurdles of the blood-brain barrier (BBB). The BBB is a physical barrier that protects the brain from the blood-borne pathogenic. The BBB does not allow the access of nearly 98% of all pharmaceuticals to the central nervous system (CNS), which is one of the main reasons why there are no curative treatments for most of the CNS diseases. The good news is that ICBII has solved this insurmountable problem. Some of the unique attributes of SMs technology are:

- i. Allows quantitation of CNS pathogenic proteins in live animals, which is a historic invention.
- ii. A third party has verified the BBB permeability of SMs.
- iii. Engages and destroys pathological proteins in the brain of animal models of Alzheimer's and Parkinson's diseases.
- iv. The SMs is a platform technology with applications to brain and non-brain diseases.
- v. Ready for human testing

The Company is now seeking funds to scale up the production of its SMs for human clinical trials.

HOW YOU CAN HELP!

The satisfaction of being a part of this historical event can be accomplished by investing in, or finding investors for, ICBII to bring these trials to fruition. Neurodegenerative diseases are on the rise. The good news is that ICBII has developed technology that can potentially halt the disease progression and ameliorate the sufferings of patients afflicted with brain diseases, which was impossible until now. We urge you to join PRO in this humanitarian mission to fight the epidemics of neurodegeneration. Feel free to contact Jo Rosen at Parkinson's Resource Organization, 760-773-5628 or jorosen@Parkinsonsresource.org.


IMAGINE the world without Parkinson's, MSA or Alzheimer's disease. **JUST IMAGINE!**

PRESIDENT'S MESSAGE – cont. from page 1

Join us in making a difference in your life or the life of a loved one this MONTH by donating. Supporting us is simple. Make monthly donations through our safe PayPal donation page at [ParkinsonsResource.org/contribute-2/](https://www.ParkinsonsResource.org/contribute-2/) or mail your donation to our office in Palm Desert, California.

Until next month, REMEMBER Canada Day on the 1st, Independence Day on the 4th, Bastille Day on the 14th, National Ice Cream Day on the 17th and National Hot Dog Day on the 23rd. The flowers are the Larkspur & Water Lily and choose your Birthstone: Ruby and Onyx. ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

CAREGIVERS PLAY MAJOR ROLE – cont. from page 4

- **Topics researched as helpful for making future care decisions include, new treatment options and medications (69%), support programs for caregivers like themselves (63%) and alternative treatment options (56%).**
- **Clinical trials and new treatments are of interest, but little understood. Half (50%) seek information about clinical trials and new treatment options, yet only 20% consider themselves expert in these areas - pointing to the need for more information and education of caregivers about clinical trials.**

These findings show the need to support caregivers in their significant role as medical decision-makers," said Moravick. "By acknowledging their influence as critical allies with healthcare professionals, providing them with education and resources throughout their journey, particularly at the onset when the need is greatest, and equipping them with tools to build confidence and reduce stress, we will help ease their burden and benefit those they love and care for."

ABOUT RX4GOOD

Rx4good is a global patient advocacy and engagement consultancy dedicated to empowering organizations to put the patient first. Its clients and partners span the industry, nonprofit, government and academic sectors.

Partners: Parkinson's Resource Organization is one of 70 organizations that partnered in the development of the survey questionnaire and in the dissemination of the survey through social media engagement and outreach to their networks.

Methodology: "The Caregiver Factor: Understanding the Medical Journey of the Caregiver and their Information and Support Needs" is based on an online survey of 633 caregivers conducted between April 16 and May 31, 2018. The survey instrument was IRB-approved and developed with input from more than 70 organizations representing a broad range of diseases, caregiver-specific groups, and companies.

Topline research results are available at [RX4good.com](https://www.RX4good.com). A complete research report of the findings will be available in July.

PSORIASIS AND PARKINSON'S

Psoriasis is a common skin condition that speeds up the life cycle of skin cells. It causes cells to build up rapidly on the surface of the skin. The extra skin cells form scales and red patches that are itchy and sometimes painful.

Psoriasis is a chronic disease that often comes and goes. The main goal of treatment is to stop the skin cells from growing so quickly.

There is no cure for psoriasis, but you can manage symptoms. Lifestyle measures, such as moisturizing, quitting smoking and managing stress, may help.

If you have psoriasis, you're at greater risk of developing certain diseases which includes Parkinson's disease.

TUMERIC – cont. from page 3

as well as neuropathy and other problems linked to diabetes.

OBESITY - If you're having trouble losing weight you might want to consider adding more turmeric to your diet and supplementing with curcumin. That's because research in the journal *Biofactors* found that the spice alleviated the inflammation isolated as a cause in overweight and obesity. It not only helped with obesity, it helped to protect against some of the health-damaging effects of obesity.

You can add the spice turmeric to your soups, smoothies, stews, and curries; however, if you're suffering from a serious health condition like those above you may benefit from higher doses of curcumin. Ideally, choose a standardized extract of curcumin. Follow package directions for the product you select. A typical supplementary dose is 400 mg per day but discuss it with your doctor prior to use.

*Dr. Michelle Schoffro Cook, PhD, DNM is the publisher of the free e-newsletter **World's Healthiest News**, **The Cultured Cook**, co-founder of **BestPlaceinCanada**, and an international best-selling and 20-time published book author whose works include: **Boost Your Brain Power in 60 Seconds: The 4-Week Plan for a Sharper Mind, Better Memory, and Healthier Brain**.*

LONG TERM CARE – cont. from page 5

less restrictive benefit triggers.

Inflation and Premiums

If you want, you can have your benefits increase with inflation to match future care costs. It is also important to note that premiums can increase as they usually not set in stone.

2. Life Insurance with a Long-Term Care Rider

With a traditional long-term care policy, people sometimes feel that if they buy it and don't use it, they have wasted their money. Because of this, several hybrid products have emerged. One very popular solution is a life insurance policy with a long-term care rider. This strategy is enticing because if long-term care is needed, the funds are available through your policy's death benefit. If you don't spend the total benefit available, your beneficiaries will receive the balance upon your death, thus no wasted money.

If you need life insurance, getting your long-term care coverage as a rider may be a good option. This way, someone will be benefiting from the premiums you are paying, whether it is you or your heirs.

3. Annuity with a Long-Term Care Rider

If you don't need life insurance, another combination product may be better suited to your situation. If you purchase a variable annuity, you may have the alternative of adding a long-term care rider onto the contract. Since 2010, the IRS allows for the long-term care portion to be used tax-free.

After purchasing the annuity, you would select the amount of long-term care coverage you want, often two to three times the face value of the annuity, as well as the length of time you want coverage. Finally, you have to decide if you want inflation protection.

This option makes money available to you if you need long-term care. Otherwise, you can cash out the annuity when it matures (in which case you would lose your long-term care coverage), or let it accumulate and ultimately pass on the assets to your heirs.

Obtaining long-term care coverage through an annuity can be appealing because it is generally less expensive than stand-alone insurance and you can receive coverage without medical underwriting. Annuities tend to be less common than the other choices though, because of the current low-interest rates and the large upfront investment.

4. Save on Your Own

Consider starting a savings plan specifically for future healthcare needs. One option is to create a separate, high-yield savings account and contribute a specific amount every month, building a contingency fund for whatever healthcare expenses come your way. If you end up not needing long-term care, the money is still yours and can be used for your living costs, unexpected expenses, or an inheritance for your heirs.

Be Prepared

Regardless of the product you choose, the important thing is that you start planning for this critical aspect of living.

1 longtermcare.acl.gov/the-basics/

2 longtermcare.acl.gov/costs-how-to-pay/costs-of-care.html

3 longtermcare.acl.gov/the-basics/how-much-care-will-you-need.html

4 genworth.com/about-us/industry-expertise/cost-of-care.html

*Thinking about the need for long-term care can be deeply unsettling and confusing. That's why Cypress Wealth Services and their Second Growth process helps create a unique and appropriate plan for future health and long-term care needs. To learn more about **Cypress Wealth Services** visit the **Wellness Village** under **Estate Planning** (Financial Advisors). Watch their video, read their bio and visit their website. Cypress Wealth Services has been a member of the **Wellness Village** since February 2017*

PRO CALENDAR FOR JULY 2018

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	<p><i>Inspirational</i></p> <p>POTATOES, EGGS, AND COFFEE BEANS</p> <p>Once upon a time, a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.</p> <p>Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot.</p> <p>He then let them sit and boil, without saying a word to his daughter. The daughter moaned and impatiently waited, wondering what he was doing.</p> <p>After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the boiled eggs out and placed them in a bowl.</p> <p>He then ladled the coffee out and placed it in a cup. Turning to her he asked, "Daughter, what do you see?"</p> <p>"Potatoes, eggs, and coffee," she hastily replied.</p> <p>"Look closer," he said, "and touch the potatoes." She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.</p> <p>"Father, what does this mean?" she asked.</p> <p>He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity- the boiling water.</p> <p>However, each one reacted differently.</p> <p>The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak.</p> <p>The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.</p> <p>However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.</p> <p>"Which are you," he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?"</p> <p>Moral: In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us.</p>
8	9	
15	16	
22	23	
29	30	

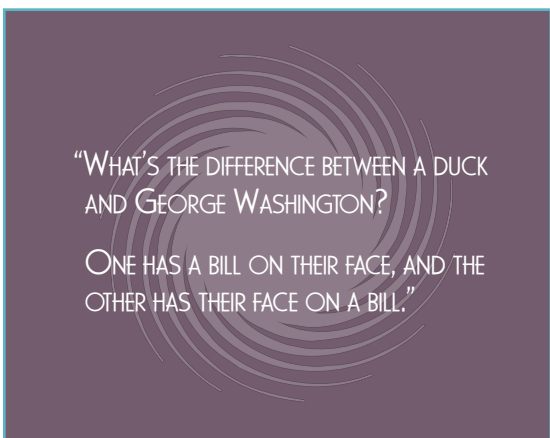
PALM DESERT
Caregiver Only
10:00 am
PRO Office
74-090 El Paseo
Suite 104

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Caregiver Only
10:00 AM
PRO Office
74-090 El Paseo
Suite 104

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.

EDUCATIONAL MEETING: We invite the community, especially the Person with Parkinson's and their family or friends, to attend. Educational meetings usually feature guest speakers who are professionals servicing the Parkinson's Community. Educational 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.



NEWSWORTHY NOTES

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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.