

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

M E S S A G E**P R E S I D E N T ' S**

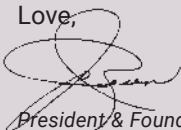
It's been a wonderful year of challenge, change, and growth acknowledged and celebrated by all the wonderful September birthday sentiments and donations honoring a prime birthday in my life. **THANK YOU** for caring and sharing and helping me make the work PRO does possible. It is with renewed energy and commitment that I challenge everyone even remotely aware of Parkinson's to step up and join me in closing the year with the goal of making every day count and helping every person with Parkinson's realize we are all here together for positive change toward Ultimate Quality of Life. It is my plea and promise to work with you and together, **LET'S GET THINGS DONE.**

October's **NEWSWORTHY NOTES** does not include **ON THE ROAD TO THE CURE** because ICBI has been inundated with inquiries since their feature in Forbes Magazine and Roots Analysis. Getting you started with informative and exciting news is **MICHAEL LU TO PASS "21ST DUCK" TORCH AT ANAHEIM DUCKS HOME OPENER** on this page; With four of our constituents dying this past month from bowel blockage or constipation related issues, it behooves us to present **EVERYTHING YOU SHOULD KNOW ABOUT PARKINSON'S AND CONSTIPATION OVERVIEW** on page 2; **WHAT'S YOUR PLAN?** is on page 3; **NATIONAL PHILANTHROPY DAY IN THE DESERT**, along with **WHAT DOES TMJ DISORDER HAVE TO DO WITH DEPRIVING THE BRAIN OF CRITICALLY NEEDED BLOOD?**, and a lovely bit about **GRATITUDE**, are all on page 4; **GAY, AGING, AND LONG-TERM CARE** on page 5; **BATHROOM GUIDELINES FOR FAMILIES AFFECTED WITH PARKINSON'S** on page 6; and our **BITS AND PIECES** about **OLIVE OIL**, also on page 6.

Join us in making a difference in your life or the life of a loved one this MONTH by making a donation. Supporting us is simple: Make monthly donations through our safe PayPal donation page at **ParkinsonsResource.org/donate** or mail your donation to our office in Palm Desert, CA.

Until next month, REMEMBER; Rosh Hashana ends on the 1st, Yom Kippur starts on the 8th, Columbus Day on the 14th, Bosses Day on the 16th, National Pumpkin Day on the 26th, Black Cat Day on the 27th, and Halloween on the 31st. The flower is the Calendula (Marigold) and the Birthstones: Opal and Tourmaline. ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

**ICBII UPDATE
ON THE ROAD TO THE CURE****A REAL-TIME SCIENCE REPORT**

WOULD YOU LIKE TO HELP get ICBII's drugs to market faster? The joy of being a part of this historic event can be had by helping ICBI find the funds to bring these trials to fruition through your investing, and by finding others with the financial ability and humanitarian mindset to accomplish the - until now - impossible. Please contact Jo Rosen at 760-773-5628 or jorosen@Parkinsonsresource.org or by contacting ICBI directly through their website <http://icbii.com/> or by phone 858-455-9880.

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

MICHAEL LU TO PASS "21ST DUCK" TORCH AT ANAHEIM DUCKS HOME OPENER**Tickets to benefit Parkinson's Resource Organization**

September 26, 2019 Palm Desert, CA - Parkinson's Resource Organization's Board Member, Michael Lu, who was honored as the 2018 Anaheim Duck's "21st Duck", will pass the torch on Thursday, October 3, 2019, in the club's home opener. The Ducks will continue the tradition of creating a spot on their Opening Night Roster for the "21st Duck". The honor is earned by a Ducks fan who embodies characteristics such as great perseverance, character, courage, and inspiration who is making significant contributions to our community.

The Anaheim Ducks are offering \$5 per ticket sold to go back to Parkinson's Resource Organization as a fundraiser for the organization by purchasing online on PRO's website at <http://anaheimducks.com/parkinsons>



Michael, 30, was raised playing roller and ice hockey since age four in the Jr. Ducks program. He continued playing locally until being stricken with Parkinson's in 2017. Even though he cannot play at the level he once did, he works as a hockey instructor in the Ducks **Learn To Play Program**, where he helps grow children's hockey skills and love for the game. Michael is also studying toward his Master's Degree in Educational Psychology to counsel children with disabilities. Michael is optimistic and hopeful about life and his journey with Parkinson's. He works with the nonprofit organization Parkinson's Resource Organization as a member of the Board of Directors and is making it his mission to take his diagnosis to help raise awareness for Parkinson's to find a cure. Michael's goal is to help inspire those with Parkinson's and demonstrate that the disease does not define him.

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EVERYTHING YOU SHOULD KNOW ABOUT PARKINSON'S DISEASE AND CONSTIPATION OVERVIEW

Constipation is a common problem among people with Parkinson's disease. It may appear years before other symptoms of Parkinson's, and often appears before a diagnosis is made.

Signs and symptoms of constipation include:

- having fewer than three bowel movements per week;
- passing hard, dry, or lumpy stools;
- having to push or strain to have a bowel movement;
- painful bowel movements;
- feeling as though your rectum is blocked, and;
- feeling as though your rectum is full, even after having a bowel movement.

Constipation is among the most common gastrointestinal problems. According to a 2004 review in the American Journal of Gastroenterology, constipation affects between 12 to 19 percent of the population. It has many causes.

Constipation and Parkinson's Parkinson's disease is often associated with motor symptoms. Typical motor symptoms include:

- tremors;
- stiffness, and;
- slow movements.

Constipation is one of the most common non-motor symptoms of Parkinson's disease. According to a review in the International Review of Neurobiology, up to 63 percent of people with Parkinson's disease experience constipation. Constipation is a recognized risk factor in the development of Parkinson's disease as well.

How does Parkinson's disease affect the digestive system? Parkinson's disease has wide-ranging effects on the brain and the body, many of which researchers

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WHAT'S YOUR PLAN?

Jim Lawless, MBA

Do you have a plan to protect your assets (cash, investments, and retirement savings) in the event of the need for Long Term Care?

AN OVERVIEW OF GOVERNMENT ASSISTANCE FOR LONG TERM CARE:

Many people believe that federal programs like Medicare, Medicaid, or (for Veterans) the VA, will pay for long term care. Medicare Part A covers hospital stays, and Part B covers doctors' services and outpatient care. These programs mainly cover acute and rehab care for medical procedures. The VA is extremely constrained in its ability to assist veterans with long term care.

Long term care requires custodial care of a person who is physically or cognitively impaired and who requires assistance with daily activities. With few exceptions, no state or federal program pays for custodial assistance over several years. The family is forced to pay out of pocket! Long term care can be disastrous to the most thoroughly designed retirement plan, investments, and life savings.

One of the largest potential expenses in retirement is the cost of long-term care. The median cost of a private room in a nursing home was nearly \$97,500 in **2017**; a room in an assisted-living facility cost \$45,000, and 44 hours per week of care from a home health aide cost \$49,000. Medicare provides coverage for some skilled nursing services but not for custodial care, such as help with bathing, dressing, and other activities of daily living. But you can buy long-term-care insurance or a combination of long-term-care and life insurance policy to cover these costs.

What's your plan? STATISTICALLY, WHO NEEDS LONG TERM CARE: The statistics are extremely high for people requiring long term care as they age. The reality is that long term care is not a discussion on nursing homes, but a 100% response to an event or condition. If you become physically or cognitively incapacitated due to disease or an accident, it describes the care you require. If you become incapacitated, your loved ones would be forced to reorient their lives to provide you with the safety and care you required. This can have a devastating effect on their emotional and physical well-being. Without a long term care plan, your spouse or children would have little choice but to disregard their own lives to care for you—whether you wanted that or not.

The Person with Parkinson's may not be eligible for Long Term Care Insurance, BUT the healthy CAREGIVER certainly should be looking at this as option so that if something happens to the caregiver, both partners are not looking at humongous financial costs.

What's your plan? We've provided a brief overview of the misconceptions regarding (1) Medicare paying for long term care, and (2) the statistical facts regarding the need for long term care as we age.

WHAT IF: Now that we are aware of the statistical need for long term care due to aging. Most of us have told ourselves, "It will happen to someone else... never to me." You could be right, but what if you are not?

Let's put the risk of long term care aside for a moment and consider the consequences of providing care over several years. What would be the emotional, physical, and financial toll on those loved ones that you have promised to take care of? If your illness lasts long enough, it could threaten the financial viability of your spouse and children. Remember, "long term" doesn't just happen to YOU. It happens to the people you love! Do you have a plan?

THE PLAN - The value of a plan is that it has two major objectives: First, to protect your assets (cash, investments, and your retirement portfolio), Second, which may be the most important, to protect your family's physical and emotional well-being.

This can be accomplished, according to the plan, by allowing your family to hire professionals to provide the required care. Think for a moment of the negative consequences of:

1. Taxes incurred by selling qualified funds at the wrong time,
2. Selling investments in a down market, or
3. Selling assets that are not liquid and thus incurring a loss.

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NATIONAL PHILANTHROPY DAY IN THE DESERT

You still have a little time!

Outstanding Nonprofit Founder: Jo Rosen, Parkinson's Resource Organization

The 2019 National Philanthropy Day In The Desert will take place on Friday, November 8, 2019, at the Hyatt Hotel in Indian Wells.

To ensure seating and to be seated at the PRO Tables, registration can be accomplished thru the website ParkinsonsResource.org or complete and mail the below registration to the PRO office no later than **October 15, 2019**, thereafter prices go up to \$175.00.

I would like to reserve ___ seats @ \$100 each = \$_____

Personal Information

First Name: _____ Last Name: _____

Address: _____

City / State / Zip: _____

Email: _____ Phone: _____

Credit Card # _____ Exp Date _____ CCV _____

Signature _____

Registration Questions: **Do You Require a Vegetarian or Gluten-Free Meal?**

Vegetarian Gluten-Free Neither

Are there people you would like to sit next to at the event who are NOT your guests? If so, please enter their names.

The NPD motto is **"Change the World With a Giving Heart."**

GRATITUDE

When your life seems full of troubles, it seems difficult to maintain an attitude of gratitude, doesn't it? All we see are our problems, like a blackened storm cloud casting a dark shadow over our lives.

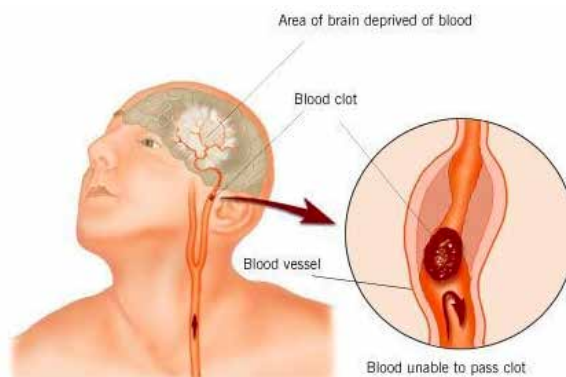
And the times when everything just seems to be going smoothly? We often take these precious moments for granted too, don't we? Caught up in the bliss, comfort, and familiarity of it all, we can simply forget to be thankful.

So what, then, is gratitude?

Simply put, gratitude is a habit. It's a way of looking at the world and all the good things in it with a feeling of appreciation, regardless of whether or not your current situation is to your liking.

Gratitude is a heart-centered approach to being at peace with yourself and with all you have. When you practice this feeling of gratitude, it attracts even MORE things into your life for which to be grateful.

Go ahead, try it out right now. What or who do you have in your life to be thankful for?



WHAT DOES TMJ DISORDER HAVE TO DO WITH DEPRIVING THE BRAIN OF CRITICALLY NEEDED BLOOD?

Visit our TMJ Dentists in the Wellness Village who have their fellowships and doctorates in TMJ Disorders and see how their work can slow or stop tremors, increase range of motion, reduce or deplete depression, stop snoring, reduce or take away pain. Articles of interest were published in earlier **Newsworthy Notes**. Please check the archives on our website.

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GAY, AGING, AND LONG-TERM CARE

Leann Dale

Senior Living Options of the Desert

The Palm Springs area is becoming a popular place for people in the LGBT community to retire. Regardless of where that retirement place may be, comes the need for awareness and sensitivity to the different needs of the LGBT population as they age. I've had the privilege of speaking to several groups of LGBT seniors in the Coachella Valley about the different options for long-term care available here. And, these experiences have opened my eyes to the unique circumstances affecting people who, in many cases, have lived most of their lives in the closet or in fear of someone finding out they are gay.

I'd like to share a story of a recent event. It really highlighted how different the experience is for LGBT seniors as they navigate the healthcare system, as well as the different care options as they age.

Sally's Story - The story about Sally and the day we met her. She had just been released from the hospital after a recent fall and needed help with bathing and basic chores around the house. We are in the in-home senior care business, and Sally had just been referred to us. We were conducting an in-home assessment with her to determine the type of care she needed and to learn a little more about her so that we could match her with the appropriate caregiver.

During the assessment, we asked Sally about her support network. Did she live alone? Does she have friends or family in the area? Basic questions like that. That's when Sally told us about Margaret. "Margaret," she said, "was my business partner." Margaret had just recently passed away, and Sally had no other support system except for a wonderful neighbor who did as much as she could to help. We later learned from Sally's neighbor that Margaret and Sally had lived together for over 50 years. And, that Margaret was the love of Sally's life. Our hearts sank.

Imagine not being able to live and love openly. This is not uncommon even today. Especially as LGBT seniors encounter the health care and long-term care system, we've heard and read many stories about LGBT seniors being mistreated by medical / care workers because of their sexual orientation. Many LGBT seniors don't even tell their primary care doctor of their sexual orientation.

A recent survey by the National Resource Center on LGBT Aging—which provides support and services to lesbian, gay, bisexual, and transgender elders—found that respondents were frequently mistreated by care-center staff, including cases of verbal and physical harassment, as well as the refusal of basic services. Some respondents reported being prayed for and warned they might "go to hell" for their sexual orientation or gender identity.

With same-sex marriage legal nationwide and organizations such as The LGBT Aging Project, we should theoretically be living in a golden age for LGBT seniors. Yet the LGBT Aging Center's survey found that only 22 percent of respondents felt they could be open about their sexual identities with health-care staff. Almost 90 percent predicted that staff members would discriminate based on their sexual orientations or gender identities. And 43 percent reported instances of mistreatment. Meanwhile, few elder-care providers have services directly targeted at helping them.

Many who won the first civil rights victories for generations to come are now dying, prematurely, because they are reluctant to ask for help and have too few friends or family to care for them.

Breaking down barriers for LGBT Seniors. So, how do we address this issue? One of the things I discovered is that there are very few programs or services offered for medical and care professionals that create awareness of this issue. Sensitivity training and partnerships with local LGBT organizations that can shed light and give information and tools to help are missing. The aim must be to guard LGBT seniors against being forced back into the closet as they age. The documentary *Gen Silent* follows the stories of six LGBT senior citizens who must navigate the intricacies of a long-term care system that is unsupportive of LGBT individuals. They also have a wonderful training curriculum targeted at care facility staff, which allows them to get an understanding of what it's like to age as an LGBT person. And, just how fearful they are of being discriminated against or mistreated.

I will venture to say that most care providers and staff members would never knowingly discriminate against someone because of their sexual identity. But that doesn't mean LGBT

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PARKINSON'S RESOURCE ORGANIZATION

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WE INTEND IT TO SERVE AS
AN INFORMATION GUIDE.

BATHROOM GUIDELINES FOR FAMILIES AFFECTED WITH PARKINSON'S

Submitted by James D. (Jim) Lawless after attending a PRO Round Table meeting

A few common-sense bathroom ground rules for those enduring the challenges of Parkinson's.

Help, I Have Fallen & Cannot Get Up. Why wait for the Fire Department to unlock the door? Preempt this challenge by having your partner, or caregiver or yourself (if you are still able to):

1. Replace the Bathroom's locking doorknob with a non-locking passageway doorknob, and;
2. Prior to #1, install a sign that says "**PLEASE KNOCK FIRST & WAIT FOR A REPLY**" (No Cheating!).

Help, I Have Slipped In The Shower & Cannot Get Up. Why wait until the paramedics arrive? Pre-empt this challenge by researching available rain room safety devices at a big box store, online or at a medical supply store:

1. Consider the type, dimensions, and quality of safety bars, handles & grips that are commercially available for shower installations. Take the time to position yourself in the shower and realistically mark with tape (masking tape is inexpensive and readily available) **Note:** Do not use a permanent marker! Remember, "permanent" means permanent, where the position of bars or handles will provide you the most assistance during your bathing activities. You, of course, recall that the building of Rome was not done in a day. So, take some time, and review your needs over a week, 10 days or longer regarding the best placement of these assistance devices in and around your rain room. Don't forget the vertical bar(s), shoulder to waist height, to assist you with actual rain room ingress/egress.
2. The last significant item for the rain room is the anti-slip pads on the shower floor. Most big-box stores have these readily available along with suggestions on application design and adhesive to employ.

Help, I'm Stuck To The Commode & Cannot Get Up. Again, why wait for the paramedics to arrive? Pre-empt this challenge by researching available commode safety devices at a medical supply store, on-line or at a big box store:

Again, consider the type, dimensions, and quality of safety bars, handles & grips that are commercially available for commodes. You can also ensure fantastic evening performances by obtaining motion activated toilet bowl lights!

Installation. Installation can be a challenge for the novice. Invading tile and other waterproof surfaces in the rain room require competence & experience ensuring: 1. New safety devices are secured to a stud, 2. Drilling holes have not aesthetically ruined the rest of the wall, and 3. Some form of waterproof seal has been employed prior to the external application of the safety device. Contractors are available (always obtain referrals). Competent handymen (always obtain referrals) may suffice. Three to four bids should provide you with price ranges. I personally never take the lowest bid!

BITS AND PIECES OLIVE OIL

Although the olive tree originated in Asia, it has been cultivated for over 3,000 years in Mediterranean countries, where much of the olive crop is used to make olive oil. In the process, olives are pitted and ground to a thick pulp. The pulp is then pressed to remove the juices, which are placed in a centrifuge to separate the water from the oil. One tablespoon of olive oil contains 120 calories and 14 grams of fat, but the fat is mostly monounsaturated; it has a beneficial effect on blood cholesterol levels and is easily digested. In those countries where olive oil is consumed extensively, such as Greece, Italy, and Spain, there is a low incidence of cardiovascular diseases. The mild vegetable mucilage in olive oil protects the body's digestive tract. Ancient civilizations used olive oil to help heal wounds. Today it is considered a good remedy for skin problems and an effective moisturizer.

Therapeutic Effect: Taken internally, olive oil stimulates metabolism, promotes digestion and lubricates mucous membranes. It can also be applied externally to treat dry skin.

Components: Olive oil contains 77 percent monounsaturated fatty acids, 14 percent saturated fatty acids, and 9 percent polyunsaturated fatty acids, plus vegetable mucilage and vitamin E.

Help for the digestive tract: Take 1 tbsp. of olive oil on an empty stomach to stimulate digestion and relieve upset stomach, flatulence, and heartburn.

Olive oil for constipation: In the morning, take 1 tsp. of olive oil mixed with lemon juice on an empty stomach. Or try an enema made from 5 oz. of olive oil in 20 oz. of boiling water, cooled to lukewarm.

The antioxidant benefit: The vitamin E in olive oil is an antioxidant. In addition, monounsaturated fatty acids are less easily damaged by oxygen than other types of fat. They are therefore less likely to produce free radicals, which damage cell membranes and contribute to several diseases.

WHAT'S YOUR PLAN? – cont. from page 3

Again, remember, long term care doesn't just happen to you. It happens to the people you love. What is your plan?

James D. (Jim) Lawless helps his clients plan for financial independence and identify solutions for economic stability through insurance solutions. He is a proud member of PRO's Wellness Village since August 2019 <http://www.parkinsonsresource.org/the-wellness-village/directory/lawless-mba/> Check out his biography, his video and then give him a call.

CONSTIPATION – cont. from page 2

don't fully understand. Several factors are believed to contribute to constipation among people with Parkinson's.

Lack of dopamine: Dopamine, a neurotransmitter, is involved in controlling muscle movements. It sends signals that help your muscles to move.

People with Parkinson's have a lack of dopamine. This makes it more difficult for the bowel muscles to push matter through the GI tract, leading to constipation.

Anorectal changes: Research suggests that Parkinson's disease impacts the physiology and functioning of both the anus and rectum. In one study from 2012, researchers found that people who'd been recently diagnosed with Parkinson's disease were more likely to have reduced anal sphincter pressure.

Poor muscle coordination: Parkinson's disease weakens the muscles of the bowels and pelvic floor. That means that those muscles may be unable to contract, or they might relax instead of contracting. Either of those malfunctions can make it difficult for a bowel movement to occur.

Poor posture and inactivity: Parkinson's can lead to a hunched or bent posture. It can also make staying active a challenge. Both of these factors can make it more difficult to have a bowel movement.

Difficulty eating and drinking: Adequate consumption of fluids and dietary fiber help prevent constipation. Parkinson's disease impacts the muscles required to chew and swallow. This can discourage people with the condition from consuming enough fiber and fluids.

Medication: A number of medications used to treat Parkinson's disease and related symptoms can cause constipation. These include anticholinergic medications, such as trihexyphenidyl (Artane) and benzotropine mesylate (Cogentin), and certain antidepressants, such as fluoxetine (Prozac).

Lack of dopamine sends signals that help muscles to move. People with Parkinson's have a lack of dopamine. This makes it more difficult for the bowel muscles to push matter through the GI tract, leading to constipation.

You can look this subject up and find: There's no question that constipation that requires straining can put the cardiovascular system at risk by raising blood pressure. A sudden increase in blood pressure in the brain could increase the risk of stroke. Blood pressure can drop when using the bathroom. Straining while urinating or having a bowel movement stimulates the vagus nerve, and this raises acetylcholine levels in the body. Whether the blood pressure rises or falls precipitously, it is dangerous to the Person with Parkinson's.

GAY & LONG TERM CARE – cont. from page 5

seniors feel like they can be themselves. There's a difference between wanting to provide a safe environment and actually providing one. What we know about the whole field of cultural competency is that, unless I really understand the person I'm serving, I'm going to provide them with what I personally would like, or what I think they need.

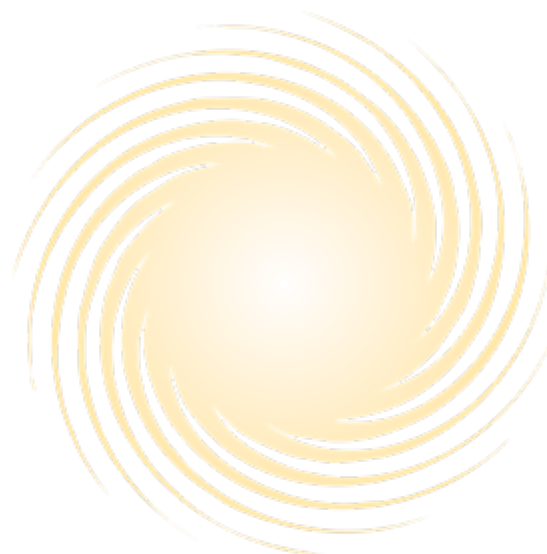
For example, a well-meaning staff member might accidentally make an LGBT elder uncomfortable by asking certain questions—about spouses, children, or grandchildren—that assume the resident is heterosexual. Instead, we should encourage people to ask, 'Who are the important people in your life?' Even using the word "partner" is more inclusive than using husband or wife. It doesn't automatically assume the person is heterosexual.

LGBT training for long-term care staff can really open their eyes to the experiences and needs of the LGBT community. The training provides language and terminology to help support and educate staff members who may be struggling with how to best care for LGBT residents. Although an increasing number of long-term care facilities throughout the country are doing more to reach out to LGBT seniors, significant progress is needed before this becomes a widespread practice.

Unfortunately, because so many LGBT elders are not comfortable being out, aging service providers often do not realize that they are serving this population and do not recognize that they may need to change their policies and practices to become more LGBT-inclusive.

A Word From Senior Living Options of the Desert - Your health and well-being are important in being able to care for those you love. You can reduce some of the stress by utilizing a free assisted living placement service like Senior Living Options of the Desert. They can guide you through the process and save you hours and hours of time researching the best options for you

Leann Dale and [Senior Living Options of the Desert](http://www.parkinsonsresource.org/the-wellness-village/directory/senior-living-options/) have been in the Wellness Village since October 2018. PRO has received glowing responses from the families we've referred by phone or through the Wellness Village. We are proud and honored to have them in the Wellness Village. Visit them at <http://www.parkinsonsresource.org/the-wellness-village/directory/senior-living-options/> Or call them at 760-322-0322.



PRO CALENDAR FOR OCTOBER 2019

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 LONG BEACH Round Table For Everyone 6:30 PM Cambrian Home Care "Training Center" 5199 Pacific Coast Hwy	3	4	5
6	7 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	8 YOM KIPPUR	9 GLENORA Caregiver Only 6:30 PM La Fetra Senior Center 333 E Foothill Blvd	10 NEWPORT BEACH Caregiver Only 6:30 PM Oasis Senior Center 801 Narcissus Corona Del Mar	11	12
13	14 COLUMBUS DAY PALM DESERT Round Table For Everyone 6:30 PM Atria Hacienda 44-600 Monterey Ave	15	16 ENCINO Caregiver Only 7:00 PM Rehab Specialists 5359 Balboa Blvd	17 SANTA MONICA Round Table For Everyone 7:00 PM Rehab Specialists 2730 Wilshire Blvd. Ste 533	18	19
20	21 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	22 MANHATTAN BEACH Round Table For Everyone 6:30 PM American Martyrs Welcome Center 700 15th St	23	24 SHERMAN OAKS Round Table Meeting 1:00 PM Sherman Oaks East Valley Adult Center 5056 Van Nuys Blvd	25	26 NATIONAL PUMPKIN DAY
27 BLACK CAT DAY	28 PALM DESERT Speaker Meeting 6:30 PM Atria Hacienda 44-600 Monterey Ave	29	30	31 HALLOWEEN		

CAREGIVER MEETING: (For caregivers only) Come share the ups and downs of living with someone with Parkinson's. Together there are ways of finding solutions that, when alone, might never be considered. No need to continue with your frustrations because you are not alone. Give yourself a break.

SPEAKER MEETING: We invite the community, especially the Person with Parkinson's and their family or friends, to attend. Speaker Meetings usually feature guest speakers who are professionals servicing the Parkinson's Community. Speaker Meetings are packed with a wealth of amazing information so bring your pencil and notepad!

"ROSEN ROUND TABLE" MEETING: Join a loving circle of like-minded individuals including local professionals. Learn what works for others, share what works for you. Find out what doesn't work for certain individuals. Share emotional trials and tribulations. Realize that you are not alone and that others can relate to and learn from your story.

NEWSWORTHY NOTES

October 2019 / Issue No. 323 / Published Monthly

PARKINSON'S RESOURCE ORGANIZATION

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

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

Email: info@ParkinsonsResource.org • web: ParkinsonsResource.org

501(C)(3)#95-4304276

We do not intend the PRO Newsletter as legal or medical advice, nor to endorse any product or service; we intend it to serve as an information guide.

"IT DOES NOT MATTER HOW SLOWLY YOU GO,
AS LONG AS YOU DO NOT STOP."

— CONFUCIUS