

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

PRESIDENT'S

WELCOME TO A NEW DECADE!

And we reached the end of another amazing year wrapped up in Holiday celebrations, merriment, good cheer, New Year's resolutions, and reflections. It's time to take stock and mark the year as one to remember, forget, celebrate, regret. Each summary is as unique, personal and individual as we are, but in the end, one year ends, and a new one begins. A new decade begins.

How will YOU remember the year or the decade? At PRO, dedicated to your support and blessed by your appreciation and gratitude, our choice is to reflect on the good we have done, the difference we have made and the change in attitude and circumstance we help bring about with the resources, counseling, support groups, and education we deliver to those needing our help. We'll give you an extensive report of accomplishments later this year.

The road seems never-ending, every step takes so much effort, yet as we move forward we must always reflect on our PROGRESS: a desperate cry for help answered, a resource shared with someone in need, answers to a million questions asked by a phone caller or an attendee at a support group. Miracles and magic, one and all, each giving US the power and inspiration to greet the new year with enthusiasm and excitement.

We all have much to be grateful for. PRO is grateful for YOU, your thoughts, your encouragement, and your constant support. Together let's move forward with the strength of our progress and the inspiration of all that is possible in the months and years to come.

New is the year, new are the hopes, new is the resolution, new are the spirits, and new are my warm wishes just for you. Have a promising and fulfilling New Year! The **ROAD TO THE CURE** on this page continues with **2019 ACCOMPLISHMENTS AS WE LOOK FORWARD.**

Enjoy other PROvocative and informative news such as: **GET TO KNOW THE DIFFERENCE BETWEEN**

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ICBII UPDATE ON THE ROAD TO THE CURE

A REAL-TIME SCIENCE REPORT 2019 Accomplishments As We Look Forward

Ram Bhatt, Ph.D., CEO

Scientific Update

The year 2019 ended with a bang as we very recently successfully cloned and tested the variable antigen-binding (Vab) domain of our SMART Molecule for Parkinson's drug. Vab is the actual brain of our drug (SMART Molecule) that seeks, detects, and destroys the pathogen in the brain of animals, which they should do the same in patients. In collaboration with an outside laboratory, we demonstrated that the cloned Vab did not only cross the blood-brain barrier into the central nervous system (CNS) but also reduced the levels of the toxic protein, alpha-synuclein, that was responsible in causing Parkinson's disease in the mice.

Significance of the cloned drug (Vab) The FDA does not allow animal-derived drugs to be used in humans for fear of toxicity and irreproducibility. Since our drugs are derived from animals, it is mandatory for ICBII, like other pharmaceutical companies, to clone the drug so that it is one pure antibody rather than a mixture of thousands of antibodies (drugs) that animals generate.

Potential Revolutionary Medical Applications of the Cloned Vab Amazingly, the Vab domain itself has therapeutic efficacy similar to that of our full-length SMART Molecule that is about 3 fold bigger in size than the Vab. For example, the treatment of Parkinson's mice for 8 weeks with our Vab reduced the levels of toxic alpha-synuclein in the brain by 39%, similar to the reduction obtained by the full-length SMART Molecule. More importantly, due to the stability of the Vab in a very low pH of stomach and proteases of the gut, we feel that Vab might one day revolutionize the treatment of brain disorders by oral intake at home rather than intravenous administration, which is the case with every antibody-based therapy. By the way, *as of today*, there is no antibody-based treatment for neurodegenerative diseases because antibodies have very poor brain uptake.

Free Marketing ICBII was honored to be featured in Forbes and Roots Analysis in 2019. We expect this public exposure of ICBII's technology to implant good seeds for short- and long-term business success.

Financial Outlook Going forward, ICBII's financial outlook seems brighter than ever before. The Company is talking to multiple parties to raise several million dollars. We are hopeful that one of these groups will invest enough funds in ICBII that may be adequate to take 1-2 drugs all the way through phase-2 human clinical trials.

ICBII management thanks its shareholders for continued support and wishes you all a Very Happy Holiday Season and a Successful New Year.

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 ICBII fund the driving of these trials to fruition through investing, or 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 joosen@Parkinsonsresource.org or by contacting ICBII directly through their website, ICBII.com, or by phone at 858-455-9880.

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

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GET TO KNOW THE DIFFERENCE BETWEEN MEDICAL AND RECREATIONAL MARIJUANA

The Express Wire by Kaden Berrington Finance

Products that are derived from cannabis plants are the same, but the purpose of using it differs, so it is categorized as recreational and medical marijuana.

For example, recreational marijuana users have a basic purpose of enjoying the high or change their current state, whereas medical marijuana seekers desire to reduce their symptoms. Therefore, the former often look for products with a high THC level.

THC is the main psychoactive element that induces the high. On the other hand, medical patients seek products that have potentially high therapeutic cannabinoids. It can even be a product with a high THC level.

Cannabis products are administered in different ways, including capsules, dermal patches, tinctures, lozenges, sprays, smoking, vaporizing and edibles.

Legality of use

According to federal law, it is illegal to possess or use marijuana for any kind of purpose. However, at the state level, the policies differ greatly. There is a conflict between many states and federal law. In 33 states, medical marijuana use is legalized.

Fourteen states limit the THC level so that products loaded with CBD [non-psychoactive] compound. The federal law is prohibited from prosecuting people adhering to their state's medical marijuana laws.

Recreational marijuana use is legalized in 27 states. In every jurisdiction where marijuana has been legalized, commercial distribution is allowed. Some cannabinoid drugs are approved by the FDA under prescription use.

SERVING AS SUCCESSOR TRUSTEE OR AGENT UNDER A POWER OF ATTORNEY

William R. Remery, Esq.

A member of the National Academy of Elder Law Attorneys

In my estate planning practice, I am routinely called upon to update clients, trusts and powers of attorney to change the names of their successor trustees and agents, as friends and relatives die or move away. These and other life events frequently prompt people to substitute in new people to assist them in the event that they can no longer handle their own financial affairs. Unfortunately, I rarely get the chance to speak with those executors, successor trustees or agents until after they have taken over for their friend or relative who has died or become incapacitated. In the best cases, that person contacts me shortly after they take over their position and I can guide them on the best way for them to carry out their duties. More often than not, I do not hear from them until they have received a nasty letter or even a lawsuit demanding information and documentation and/or accusing them of misappropriation, elder financial abuse or other improper behavior.

The person naming the successor trustees and power of attorney agents is called "the principal". The trust or power of attorney involves their own assets and they can pretty much do whatever they want to do with those assets, including making gifts, spending money on frivolous things, investing in speculative business enterprises and even gambling the money away. They are not required to keep receipts to account to anyone for what they do with their own money. The person named as the successor trustee or agent under a power of attorney is called a "fiduciary" meaning that they are not handling their own assets, but are entrusted with the assets of another person. The fiduciary owes the principal a special duty to protect the assets and utilize them solely as directed by the principal for the principal's benefit. The fiduciary is not allowed to benefit from himself or herself, except for receiving a reasonable fee for services actually rendered. Unlike the principal, the fiduciary must protect all assets by making certain that insurable assets are properly insured, investing only in "prudent" investments, securing the assets, preventing others from accessing or misappropriating them, and keeping scrupulous records of all transactions so that every penny of the principal's assets and income can be documented and traced. Upon request of the principal or another interested person, the fiduciary must produce a written accounting and provide receipts, invoices or other records to support all transactions.

While some fiduciaries take their obligations seriously, I find that often a fiduciary will deal with their principal's assets in the same casual way they deal with their own, using ATM cash withdrawals or electronic transfers of funds and paying for things with cash, without obtaining receipts or keeping documentation to show the ultimate disposition of that cash. Credit cards are used for purchases without noting exactly what was purchased. It is not unusual for a child to commingle their own funds with their parents' funds and then make joint purchases from those commingled funds, which makes it impossible to determine how much the parent actually benefitted from the combined transactions.

This year alone, I participated in two full-court trials, in each case defending a different dedicated daughter who cared for her mother during the mother's final years and helped the mother with her finances, often spending the daughter's own funds for the benefit of the mother. In each case, they were accused of misappropriating money from their mother, living rent-free in the mother's home, and otherwise benefitting at the expense of their mother. (In each case, the accusations came from siblings who provided no care for their mothers during their lives!) The court process was expensive, incredibly stressful and, although my clients were substantially vindicated, they were surcharged for cash transactions they could not justify with written receipts and the entire process tore the family apart, perhaps permanently.

The moral of the story is that good intentions alone will not protect you from personal liability if you agree to serve as a "fiduciary" for someone else. It is a noble, selfless thing to step up and help a relative or friend in need. However, you must understand that it will be held to the same standard for record-

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HOW LOW-CARB AND KETOGENIC DIETS BOOST BRAIN HEALTH

An Evidence-Based article published by Healthline Media Inc.

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Low-carb and ketogenic diets have many health benefits.

For example, it is well known that they can cause weight loss and help fight diabetes.

However, they are also beneficial for certain brain disorders.

This article explores how low-carb and ketogenic diets affect the brain.

What Are Low-Carb and Ketogenic Diets? Although there is a lot of overlap between low-carb and ketogenic diets, there are also a few important differences.

Ketogenic diet:

- Carbs are limited to 50 grams or less per day.
- Protein is often restricted.
- A major goal is to increase blood levels of ketones, molecules that can partly replace carbs as an energy source for the brain.

Low-carb diet:

- Carbs can vary from 25-150 grams per day.
- Protein is usually not restricted.
- Ketones may or may not rise to high levels in the blood.

On a ketogenic diet, the brain is mainly fueled by ketones. These are produced in the liver when carb intake is very low.

On a standard low-carb diet, the brain will still be largely dependent on glucose, although it may burn more ketones than on a regular diet.

BOTTOM LINE: Low-carb and ketogenic diets are similar in many ways. However, a ketogenic diet contains even fewer carbs and will lead to a significant rise in blood levels of ketones.

The "130 Grams of Carbs" Myth

You may have heard that your brain needs 130 grams of carbs per day to function properly. This is one of the most common myths about low-carb diets.

In fact, a report by the US Institute of Medicine's Food and Nutrition Board states:

"The lower limit of dietary carbohydrates compatible with life apparently is zero, provided that adequate amounts of protein and fat are consumed."

Although a zero-carb diet isn't recommended because it eliminates many healthy foods, you can definitely eat much less than 130 grams per day and maintain good brain function.

BOTTOM LINE: It is a common myth that you need to eat 130 grams of carbs per day to provide the brain with energy.

How Low-Carb and Ketogenic Diets Supply Energy For The Brain

Low-carb diets have a fascinating way of providing your brain with energy via processes called ketogenesis and gluconeogenesis.

Ketogenesis

Glucose, the sugar found in your blood, is usually the brain's main fuel. Unlike muscle, your brain can't use fat as a fuel source. However, the brain can use ketones. Your liver produces ketones from fatty acids when glucose and insulin levels are low.

Ketones are actually produced in small amounts whenever you go for many hours without eating, such as after a full night's sleep.

However, the liver increases its production of ketones even further during fasting or when carb intake falls below 50 grams per day (1Trusted Source, 2Trusted Source).

When carbs are eliminated or minimized, ketones can provide up to 70% of the brain's energy needs (3Trusted Source).

Gluconeogenesis

Although most of the brain can use ketones, there are portions that require glucose to function. On a very-low-carb diet, some of this glucose can be supplied by the small amount of carbs consumed.

The rest comes from a process in your body called gluconeogenesis, which means "making new glucose." In this process, the liver creates glucose for the brain to use. It manufactures

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the glucose using amino acids, the building blocks of protein.

The liver can also make glucose from glycerol. This is the backbone that links fatty acids together in triglycerides, the body's storage form of fat.

Thanks to gluconeogenesis, the portions of the brain that need glucose get a steady supply, even when your carb intake is very low.

BOTTOM LINE: On a very low-carb diet, up to 70% of the brain can be fueled by ketones. The rest can be fueled by glucose produced in the liver.

Low-Carb/Ketogenic Diets and Alzheimer's Disease

Although few formal studies have been done, it appears that low-carb and ketogenic diets may be beneficial for people with Alzheimer's disease.

Alzheimer's disease is the most common form of dementia. It's a progressive disease where the brain develops plaques and tangles that cause memory loss.

Many researchers believe it should be considered "type 3" diabetes because the brain's cells become insulin resistant and are unable to use glucose properly, leading to inflammation (26Trusted Source, 27Trusted Source, 28Trusted Source).

In fact, metabolic syndrome, a stepping stone towards type 2 diabetes, also increases the risk of developing Alzheimer's disease (28Trusted Source, 29Trusted Source).

Experts report that Alzheimer's disease shares certain features with epilepsy, including brain excitability that leads to seizures (30Trusted Source, 31Trusted Source).

In one study of 152 people with Alzheimer's disease, those who received an MCT supplement for 90 days had much higher ketone levels and a significant improvement in brain function compared to a control group (32Trusted Source).

Animal studies also suggest that a ketogenic diet may be an effective way to fuel a brain affected by Alzheimer's (27Trusted Source, 33Trusted Source).

As with epilepsy, researchers aren't certain of the exact mechanism behind these potential benefits against Alzheimer's disease.

One theory is that ketones protect brain cells by reducing reactive oxygen species, which are byproducts of metabolism that can cause inflammation (34Trusted Source, 35Trusted Source).

Another theory is that a diet high in fat, including saturated fat, can reduce the harmful proteins that accumulate in the brains of people with Alzheimer's (36Trusted Source).

BOTTOM LINE: Ketogenic diets and MCT supplements may improve memory and brain function in people with Alzheimer's disease, although research is still in its early stages.

Other Benefits For The Brain

Although these haven't been studied as much, low-carb and ketogenic diets may have several other benefits for the brain:

- Memory: Older adults at risk of Alzheimer's disease have shown improvement in memory after following a very-low-carb diet for six weeks (37Trusted Source).
- Brain function: Feeding older and obese rats a ketogenic diet leads to improved brain function (38Trusted Source, 39Trusted Source).
- Congenital hyperinsulinism: This condition causes hypoglycemia and can lead to brain damage. Congenital hyperinsulinism has been successfully treated with a ketogenic diet (40Trusted Source).
- Migraine headaches: Researchers report that low-carb or ketogenic diets may provide relief to migraine sufferers (41Trusted Source, 42Trusted Source).
- Parkinson's disease: In a small, uncontrolled study, five out of seven people with Parkinson's disease who completed a four-week ketogenic diet experienced a 43% improvement in self-reported symptoms (43Trusted Source).
- Traumatic brain injury: Patients with a severe head injury who were fed a carb-free formula were able to obtain nourishment while avoiding high blood sugar, which can hinder recovery (44Trusted Source).

BOTTOM LINE: Low-carb and ketogenic diets have many other health benefits for the brain. They can improve memory in older adults, help reduce migraines and reduce symptoms of Parkinson's disease, to name a few.

Potential Problems with Low-Carb and Ketogenic Diets

There are certain conditions for which a low-carb or ketogenic diet isn't recommended.

If you have any sort of medical condition, then you may want to speak with your doctor before starting a ketogenic diet.

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BRAIN HEALTH – cont. from page 5**Side Effects of Low-Carb or Ketogenic Diets**

People respond to low-carb and ketogenic diets in many different ways. Here are a few potential adverse effects:

- **Elevated cholesterol:** Adults may experience elevated cholesterol levels, and children may have increases in both cholesterol and triglyceride levels. However, this may be temporary and doesn't appear to affect heart health (45Trusted Source, 46Trusted Source, 47Trusted Source).
- **Kidney stones:** These are uncommon but have occurred in some children on ketogenic diet therapy for epilepsy. Kidney stones are usually managed with potassium citrate (48Trusted Source).
- **Constipation:** This is very common on ketogenic diets. One treatment center reported that 65% of children developed constipation (48Trusted Source). This is usually easy to remedy with stool softeners or dietary changes.

Children with epilepsy eventually discontinue the ketogenic diet once seizures have resolved. Most of them do not experience any negative long-term effects (49Trusted Source).

BOTTOM LINE: A very-low-carb ketogenic diet is safe for most people, but not everyone. Some people may develop side effects, which are usually temporary.

Tips for Adapting to The Diet

When transitioning to a low-carb or ketogenic diet, you may experience some adverse effects.

You may develop headaches or feel tired or lightheaded for a few days. This is known as the "keto flu" or "low-carb flu." Here are some suggestions for getting through the adaptation period:

- **Make sure to get enough fluid:** Drink at least 68 ounces (2 liters) of water a day to replace the water loss that often occurs in the initial stages of ketosis.
- **Eat more salt:** Add 1-2 grams of salt each day to replace the amount lost in your urine when carbs are reduced. Drinking broth will help you meet your increased sodium and fluid needs.
- **Supplement with potassium and magnesium:** Eat foods high in potassium and magnesium to prevent muscle cramps. Avocado, Greek yogurt, tomatoes, and fish are good sources.
- **Moderate your physical activity:** Don't exercise heavily for at least one week. It may take a few weeks to become fully keto-adapted, so don't push yourself in your workouts until you feel ready.

BOTTOM LINE: Adapting to a very-low-carb or ketogenic diet takes some time, but there are a few ways to ease the transition.

These Diets Have Powerful Health Benefits

According to the available evidence, ketogenic diets can have powerful benefits for the brain.

The strongest evidence has to do with treating drug-resistant epilepsy in children.

There is also preliminary evidence that ketogenic diets may reduce symptoms of Alzheimer's and Parkinson's. Research is ongoing about its effects on patients with these and other brain disorders.

Beyond brain health, there are also many studies showing that low-carb and ketogenic diets can cause weight loss and help treat diabetes. These diets are not for everyone but can have incredible benefits for a lot of people.

MARIJUANA – cont. from page 2

At the Federal level, cannabidiol products made from industrial hemp can be used without any prescription, but enforcement differs from one state to another.

On the other hand, Canada has recently legalized Cannabis across the country and has allowed certain licensed facilities to grow and sell Cannabis products. Indiva is one of the leading companies that has been producing as well as supplying CBD and THC dried flower pre-rolls.

Shopping Experience

The shopping experience is the same when you buy medical or recreational cannabis products. Patients have to show their medical cannabis card and ID at the licensed medical dispensaries. A few have a waiting room for the patients and are called one by one to ensure privacy.

Some shops have dual license. It means they serve medical and recreational consumers both. Medical patients are offered discounts as well as tax deductions.

Recreational stores are not permitted to offer customers medical advice, even though patients can shop there. On the other hand, dual-licensed shops and medical dispensaries offer advice to their patient-customers. The budtenders there are given education opportunities like attending certification courses and seminars.

Perks medical patients receive, and recreational consumers don't:

- High THC potency limits
- Low costs and taxes
- Legal access to patients, who are minors
- High quantity limitations
- Medical patients can grow their weeds

Who is eligible for a medical marijuana card? Patients suffering from medical conditions like epilepsy, HIV, MS, cancer, ALS, Glaucoma, PTSD, Parkinson's disease, etc. are qualified for getting the medical marijuana card. With this card, the patients can buy necessary marijuana products at any dispensary licensed by the state.

Marijuana Effects

In recreational cannabis products, THC is dominant. These THC dominant strains are also used in chronic pain alleviation. Dispensaries generally sell CBD-dominant products because they elicit non-psychoactive effects.

COMPLICATIONS: OFTEN MISDIAGNOSED OR OVERLOOKED

In 2013 PRO published an article, *Is It Gerd Or Is It Thrush?*, which you may find as an interesting read. It is on our website.

But here are some **complications**, many of which may surface around the holidays, that happen in Parkinson's and are often overlooked and/or misdiagnosed as "Just Parkinson's." Symptoms of esophageal thrush can include:

- *pain when swallowing;*
- *burning or itching in the throat or back of the mouth;*
- *thick saliva or white saliva or phlegm;*
- *changes in taste;*
- *nausea;*
- *acid reflux, a common condition that features a burning pain, known as heartburn, in the lower chest area. It happens when stomach acid flows back up into the food pipe;*
- *Gastroesophageal reflux disease (GERD) when acid reflux occurs more than twice a week, and;*
- *chest soreness.*

Esophageal thrush can spread quickly and may be severe. Without treatment, or if treatment fails, a person may develop:

- *Candidemia, a Candida infection of the blood;*
- *Candida of the organs, such as the heart and lungs;*
- *Sepsis, which can be life-threatening, and;*
- *Weight loss and malnourishment due to swallowing problems.*

People with weakened immune systems are more likely to develop serious complications.

Having a weakened immune system may also make it more likely that the initial treatment will fail or that a person will have to try several different medications to find one that works.

Some doctors choose to treat the infection with antibiotics or an antifungal medication and see if symptoms get better. If not, they may do an endoscopy. A person with a severe esophageal thrush infection may need to stay in the hospital for evaluation and treatment.

IMPORTANT: Esophageal thrush requires prompt medical care. People with problems swallowing, symptoms of an oral thrush infection or a history of thrush in the esophagus should see a doctor right away.

Improving oral hygiene, adopting a healthy lifestyle, and following a doctor's recommendations for strengthening the immune system may help prevent esophageal thrush from recurring. Rinse your mouth and gargle with club soda or baking soda rinse (1/4 tsp baking soda mixed with 1 cup water) before and after eating.

POWER OF ATTORNEY – cont. from page 4

keeping and accountability as would a banker, broker or other professional handling someone else's money.

If you do accept a position as a fiduciary for someone else, you must take your fiduciary duties seriously. Consult a CPA if taxes may be owing and perhaps for help in setting up an accounting system, consult an insurance agent to make sure that all properties are insured, consult an investment advisor to make sure that investments are diversified and prudent, and consult an attorney to make sure that all legal notices are sent and other statutory requirements are met. While I encourage people to help their family and friends, and while doing so can be very gratifying, the most fitting warning for those who undertake to help others with their finances is found in the proverb "no good deed goes unpunished."

Mr. Remery is one of the founding Members of The Wellness Villag., Visit his page at ParkinsonsResource.org/the-wellness-village/directory/william-r-remery-esq/, watch his video and be inspired to do your long-term care planning. He is only a phone call away.

PRESIDENT'S MESSAGE – cont. from page 1

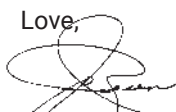
MEDICAL AND RECREATIONAL MARIJUANA on page 2; **SERVING AS SUCCESSOR TRUSTEE OR AGENT UNDER A POWER OF ATTORNEY** on page 3; **HOW LOW-CARB AND KETOGENIC DIETS BOOST BRAIN HEALTH** on page 4; and **COMPLICATIONS: OFTEN MISDIAGNOSED OR OVERLOOKED** on page 7.

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

Until next month, REMEMBER... We're starting a new decade as well as a new year on the 1st, Martin Luther King Day on the 20th, and National Hug Day on the 21st.

Happy New Year from all of us at PRO! The flower is the Carnation, and the Birthstone is the Garnet.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,

 President & Founder



PRO CALENDAR FOR JANUARY 2020

The current support group meeting locations are listed below.

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

			1 NEW YEAR'S DAY LONG BEACH CANCELED	2	3	4
5	6 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	7	8 GLENORA Caregiver Only 6:30 PM La Fetra Senior Center 333 E Foothill Blvd	9 NEWPORT BEACH Caregiver Only 6:30 PM Oasis Senior Center 801 Narcissus Corona Del Mar	10	11
12	13 PALM DESERT Round Table For Everyone 6:30 PM Atria Hacienda 44-600 Monterey Ave	14	15 ENCINO Caregiver ONLY 7:00 PM Rehab Specialists 5359 Balboa Blvd	16 SANTA MONICA Round Table For Everyone 7:00 PM Rehab Specialists 2730 Wilshire Blvd. Ste 533	17	18
19	20 MLK DAY PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	21 NATIONAL HUG DAY	22	23 SHERMAN OAKS Educational Meeting For Everyone / 1:00 PM Sherman Oaks East Valley Adult Center 5056 Van Nuys Blvd	24	25
26	27 PALM DESERT Speaker Meeting 6:30 PM Atria Hacienda 44-600 Monterey Ave	28 MANHATTAN BEACH Round Table For Everyone 6:30 PM American Martyrs Welcome Center 700 15th Street	29	30	31	

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.

"THE MEANING OF NUMBER 2020 SYMBOLIZES FAITH AND TRUST IN RELATIONSHIPS. THE 2020 MEANING ALSO RESONATES WITH COMPASSION, AND HOW YOU SHOULD BE MORE COMPASSIONATE TO THE PLIGHT OF OTHERS. HAVING A BIG HEART FOR OTHERS MAKES YOU A BETTER PARTNER, FRIEND, AND LOVER."

HAPPY NEW YEAR 2020!

NEWSWORTHY NOTES

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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

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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.