

A MONTHLY PUBLICATION OF

**PARKINSON'S RESOURCE ORGANIZATION**

Working so no one is isolated because of Parkinson's

**MESSAGE****PRESIDENT'S***"Top of the mornin' to ya!"*

I think is how they would greet you in Ireland... St. Patrick's Day is here! It's time to look out for a leprechaun, search for a four-leaf clover or find a pot of gold at the end of the rainbow. This Newsletter has elements of all three.

We have *new and extremely exciting* information for you in this month's issue starting with **HONOREES AT "PUTTIN' ON THE RITZ: A PEARLS OF WISDOM GALA** on this page.

The **ROAD TO THE CURE** is on break again this month; laboratory responsibilities, patent filings and the flu have gotten in the way of their report.

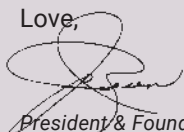
Enjoy other ©PROvocative and informative news such as **10 TIPS TO TAKE CARE OF THE CAREGIVER** on page 2; **THE WOODEN BOWL** on page 3; **DEPRESSION: 9 SECRET SIGNS OF LONELINESS** on page 4; **PLAYING MUSIC KEEPS YOUR BRAIN SHARP** on page 6; **MARK YOUR CALENDARS** on page 7, and; **BITS AND PIECES: TAKE CARE!** a continuing journal of a person with Parkinson's and his caregiver, also 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/donate** or mail your donation to our office in Palm Desert, CA.

Until next month, REMEMBER Daylight Savings Time starts Sunday the 8th, so turn your clocks forward, St. Patrick's Day on the 17th, and the start of Spring Equinox on the 19th. The flower is the Daffodil, and the Birthstones are the Aquamarine, Bloodstone & Jade.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President &amp; Founder

**HONOREES AT "PUTTIN' ON THE RITZ: A PEARLS OF WISDOM GALA**

Nick Baggarly, FRGS, Executive Director, Expedition Leader

Nick Baggarly is known for his ability to organize ambitious team efforts to achieve meaningful objectives. A successful Silicon Valley software engineer, Nick took a sabbatical from McAfee Associates in 1997 to lead an expedition on an 8,000-mile drive through Mexico, Belize, and Guatemala. His team delivered medical supplies to remote villages for Rivers of the World, an international aid organization. In 2002 he co-founded the 'Drive Around the World' non-profit organization to produce extraordinary and relevant adventures with each project aimed at highlighting a different problem.

Drive Around the World was founded with the goal of producing dramatic adventures to promote cross-border understanding and goodwill as well as to raise funds for charitable causes. In 1999, Nick led the LATITUDE Expedition—a 16,000-mile circumnavigation of the globe through 16 countries, driving from Beijing to San Francisco. During the journey, his team worked with teachers throughout California to interact with middle school students. In 2005 he led the LONGITUDE Expedition, a 44,000-mile drive through 30 countries to highlight Parkinson's Disease research. The project featured five non-profit programs including a drive-a-thon fundraising program and a global-grass-roots awareness campaign which was lauded as "unprecedented in the history of disease advocacy." Nick believes humanities' problems are merely, "seemingly-insurmountable challenges." He is a Fellow of the Royal Geographical Society and a member of New York's Explorers club.

While Nick's charitable work has always been a labor of love, his expeditions will always have special purpose for him because his 35-year-old sister was recently diagnosed with Parkinson's disease.

Mr. Baggarly is being presented the **AWARENESS AWARD** at the event.

We are honored that Nick and **Todd Borgie**, the Co-founder of Drive Around the World will be joining us April 18th.

**RICHARD J. HECKMANN** is Chairman and CEO of K2 Inc. Previously, he founded US Filter on July 16, 1990, and embarked on a series of acquisitions aimed at building the world's largest water treatment company. Mr. Heckmann was named 1993 Entrepreneur of the Year in the turnaround category for the Inland Empire region of Southern California and again in 1997 for the Master Entrepreneurial category. In 1999, US Filter was acquired by Vivendi SA for \$8.2 billion in cash and debt assumption. Mr. Heckmann was Director and owner of Smith Goggles. He is also a founding shareholder of Callaway Golf, Inc. Mr. Heckmann is also an owner of the NBA Phoenix Suns basketball team. Mr. Heckmann was also Chairman of the Listed Company Advisory Committee of the New York Stock Exchange and a member of the Exchange's Special Governance Committee. He was Associate Administrator for Finance and Investment of the Small Business Administration from 1978 to 1979, where he was responsible for small business lending and venture capital investments made by the United States government. He also served as the White House liaison from the SBA and is a former director of the Advisory Board of the Kennedy Center in Washington, DC. Presently, the International Center for Entrepreneurial Management The Heckmann Center, Palm Desert, California. Mr. Heckmann, along with the State of California, donated the funds to build the school. The new graduate school is part of the University of California, Riverside, system.

Mr. Heckmann is being presented with our **WARRIOR AWARD**. This

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# Our Wellness Villagers

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## 10 TIPS TO TAKE CARE OF THE CAREGIVER

Mary Slayton Richards

Taking care of someone else is hard work. Unless you get help, you're on 24/7. Even nurses work in shifts. It's critical you take care of yourself to allow you to continue caring for your loved one. If something happens to you, who will care for your loved one? Some self-care tips include:

- Sleep and rest as much as you can. Take a nap during the day if possible, keep a consistent wake and bedtime. Avoid caffeine after 2:00 PM so as not to disturb quality of sleep.*
- Drink lots of water. Make a conscious effort to drink plenty of water. Stay hydrated!*
- Eat healthy meals and snacks regularly. It's tempting to grab whatever is easy like cookies or other prepared snacks. Think of yourself as an athlete in training. Have healthy snacks and foods on hand.*
- Get fresh air and exercise. Get outside for a walk or sit and read for a quick mood boost.*
- Ask for and accept help. Schedule relief caregivers and do something kind and restful for yourself, even if it's just a few hours a week. If someone offers help, accept it! They are giving you the gift of a helping hand while you are giving them the gift of feeling good for helping a friend.*
- Find a support group and have a support network in place. You are not on this journey alone. Many support groups allow caregiver and persons with Parkinson's to attend meetings together. Social interaction is important for both of you. Have a list of friends you can call when you're feeling a little low. They will feel blessed to hear from you.*
- Release stress, grief, and sadness. Talk with a trusted friend, pray, meditate, start a gratitude journal, go to a support group, watch a funny video on YouTube. Remind yourself often, this is temporary and will not last forever.*

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## THE WOODEN BOWL

A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table.

But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. "We must do something about father," said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor."

So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl!

When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?"

Just as sweetly, the boy responded, "Oh, I am making a little bowl for you and Mama to eat your food in when I grow up." The four-year-old smiled and went back to work.

The words struck the parents so that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

On a positive note, I've learned that, no matter what happens, how bad it seems today, life does go on, and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way he/she handles three things: a rainy day, lost luggage, and tangled Christmas tree lights.

I've learned that, regardless of your relationship with your parents, you'll miss them when they're gone from your life.

I've learned that making a "living" is not the same thing as making a "life."

I've learned that life sometimes gives you a second chance.

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

I've learned that if you pursue happiness, it will elude you. But, if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you.

I've learned that whenever I decide something with an open heart, I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day, you should reach out and touch someone.

People love that human touch... holding hands, a warm hug, or just a friendly pat on the back.

## 10 CAREGIVER TIPS – cont. from previous page

8. Celebrate Your Wins. Acknowledge what you did get done versus focusing on what you didn't. Something as simple as getting up or to bed on time, drinking enough water. Journaling is a simple way to list what you did accomplish each day. Speak kindly to yourself, release feelings of guilt when you lose your patience or have an off day. A good guide: would I talk this way to my 5-year-old self? Forgive yourself for not being perfect.
9. Use services such as grocery pick-up or on-line shopping to save time. Many stores offer free services where you can place your order on-line for store pick-up. Have as many items delivered to your house as possible-perfect for household goods like toilet paper, paper towels and pet supplies.
10. Honor your health care schedule. Stay on track with dental, doctor, hair appointments. Show yourself the same level of care and love by maintaining your wellness visits.

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## DEPRESSION: 9 SECRET SIGNS OF LONELINESS

Madeline R. Vann, MPH / Medically Reviewed by Justin Laube, MD

One may be the loneliest number, but research shows that a lack of acquaintances isn't the only warning sign of solitude.

Ever wonder to yourself why you feel alone even in a crowded room? Even in the midst of family and friends, all of us can feel alone and lonely. After all, from Elvis to Cher to Akon, musicians have been crooning about loneliness for years.

Do you know the definition of loneliness? According to the Merriam-Webster online dictionary, loneliness means being without company; cut off from others; sad from being alone.

That's because the emotions that get set off when you're feeling alone can be quite powerful. They can trigger dejection and depression, and in extreme cases, loneliness can lead to earlier death, says John Cacioppo, PhD, a psychologist from the University of Chicago in Illinois.

According to the Mayo Clinic, having a strong social support network is essential during tough times, whether from job stress or a year filled with loss or illness. A social support network is comprised of family, friends, and peers. Having intimate relationships with others helps you feel cared for and maintain optimism, and aids in stress management. All of these emotional benefits lead to stronger immunity to help you fight disease and stress.

Alternatively, according to Dean Ornish, MD, in his book *Love and Survival: The Scientific Basis for the Healing Power of Intimacy*, among heart patients, depression is as good a predictor of imminent death as smoking, obesity, or a previous heart attack.

"Study after study shows that people who are lonely, depressed, and isolated are three to five times more likely to die prematurely than people who feel connection in their life," says Dr. Ornish.

In a Duke University Medical Center study of 1,400 men and women with at least one severely blocked artery, the unmarried patients without close friends were three times more likely than the others to die over the next five years. Similar findings came in a Canadian study of 224 women with breast cancer. Seven years after diagnosis, 72 percent of the women with at least one intimate relationship survived; only 56 percent of those who did not have a confidant survived. The kind of intimacy necessary appears to be an emotional connection to someone, not necessarily a sexual relationship.

Another supporting study published in the Journal of the American Medical Association revealed that people with more diverse social networks (*less social isolation*) have a greater resistance to upper respiratory infections.

But how do you resolve loneliness? Everyone feels a little lonely now and again, and experts say that this forlornness can actually be a good thing, as long as you do something about it. "Loneliness is actually an evolutionary adaptation that should spur us to get back to socializing, a state in which we are happier and safer," says Dr. Cacioppo.

Could you be lonely without even realizing it? These signs point to "yes."

1. **Loneliness Can Wreck Restful Sleep** - According to research published in the journal *Sleep*, loneliness can wreck your chances of getting a restful night's sleep. Researchers measured the sleep cycles of 95 people in South Dakota, comparing them with the participant's self-reported loneliness scores. None of them lived isolated lives, but some reported feeling lonelier than others.

The results? The lonelier the participant, the higher the levels of fragmented sleep. "What we found was that loneliness does not appear to change the total amount of sleep in individuals, but awakens them more times during the night," lead author Lianne Kurina, PhD, said in a press release.

"When you feel lonely, you show more micro-awakenings," noted Cacioppo, a coauthor of the study. This means you wake up a little bit at night even though you aren't aware of it.

2. **Steamy Showers and Hot Chocolate May Soothe Loneliness** - How does a steamy bath or piping-hot cup of coffee sound to you? If it sounds downright comforting, you may want to read this:

"The lonelier a person is, the more showers and baths they take, the hotter the water, and the longer they stay under the water," says John Bargh, PhD, psychologist and researcher at Yale University in New Haven, Connecticut, who conducted a study on physical warmth and social connection. For his research, published in February 2012 in the journal *Emotion*, Bargh surveyed 51 college students about their levels of loneliness and

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*cont. from previous page*

everyday habits, and concluded that some people use physical warmth as a substitute for social warmth. The students who reported feeling lonelier also tended to linger in the shower longer.

There's nothing wrong with this, Bargh contends — people are not always in control of the reasons they feel alone. It could be due to a breakup, or a recent move. You can also use this finding to your advantage: Next time you're feeling lonesome, whip up a cup of hot cocoa.

3. **Love People, Not Stuff** - The reason you're so attached to your new computer, souped-up bike, or overpriced purse? According to research published in the Journal of Consumer Research, some people go gaga over inanimate objects because they're lonely.

The researchers call this "material possession love," and you've probably witnessed it a number of times: your neighbor who calls his car "baby," or your great aunt who prides herself on her gun collection. Because these folks suffer from a lack of social connections, they start doting on their things.

And as you can probably guess, most experts say possessions aren't a healthy substitute for real live relationships. In fact, a number of studies indicate that having stuff has little effect on your happiness levels; you'd be better off spending the money on an experience, such as a vacation.

4. **Can You Catch Loneliness From a Friend?** - You can catch a cold from your friend — but did you know you can catch his loneliness, too?

According to research published in the Journal of Personality and Social Psychology by Cacioppo and colleagues, lonesomeness can be contagious. In fact, you're 52 percent more likely to feel lonely if someone you're directly connected to is lonely as well, says Cacioppo.

Why? When you're feeling empty or isolated, you may behave in more hostile and awkward ways toward another person, who in turn behaves a bit negatively toward someone else, and so on. The result can be an outbreak of social isolation and rejection.

5. **More Facebook 'Friends' Than Real Friends Worsens Loneliness** - You know all about your cousin's recent jaunt to Hawaii... but not because she told you about it; you saw her pictures on Facebook.

According to Facebook, users spend an average of fifty minutes each on its Facebook, Instagram, and Messenger platforms. "Social networking feels temporarily satisfying for people who turn to that as means of interacting," explained Cacioppo. When you're feeling alone, you might spend more time posting on social networking sites or online game forums than actually picking up that phone and arranging a lunch or dinner date. But having a lot of Facebook friends or Twitter followers won't do much to stave off loneliness. Instead, research shows it can exacerbate the problem.

Next time loneliness sets in, Cacioppo suggests using these sites to get in touch with your old friends — instead of just gawking over their wedding photos.

6. **Being Lonely Makes You Blow Things out of Proportion** - How many nerve-racking experiences have you had in the past month?

If you can count them up without much hesitation (traffic jams, terrible weather, rude waitresses), that doesn't necessarily mean your stars were crossed this month — instead, it could point to loneliness.

According to Cacioppo, who has studied the effects of loneliness on our health and stress levels, feeling alone often means you spend too much time ruminating. Research published in the journal *Current Directions in Psychological Science* showed that people who reported being lonely also reported more sources of stress and childhood adversity in their lives. "The brain goes on the alert for social threats," says Cacioppo.

7. **Socializing May Help You Stay Skinny** - Have you packed on the pounds? Loneliness and weight gain often go hand in hand, possibly because we tend to compensate for our blues with food. In addition, loneliness can zap motivation — keeping us on the couch instead of on the treadmill. And that means it may also be a predictor of health problems, such as high blood pressure and unhealthy cholesterol levels, says Cacioppo. But can socializing help you stay skinny? Perhaps, according to a report published in the journal *Cell Metabolism*. Although the study looked at mice instead of people, the rodents living in lonelier lab settings tended to weigh more than those in social environments.

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## PLAYING MUSIC KEEPS YOUR BRAIN SHARP

"If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides a total brain workout." Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory."

If you want to firm up your body, head to the gym. If you want to exercise your brain, listen to music.

Science has shown that musical training can change brain structure and function for the better, it can improve long-term memory and lead to better brain development, especially for those who start in childhood. Findings show that extensive musical training affects the structure and function of different brain regions, how those regions communicate during the creation of music, and how the brain interprets and integrates sensory information.

These insights suggest potential new roles for musical training including fostering plasticity in the brain, an alternative tool in education, and treating a range of learning disabilities.

These findings show that:

- Long-term high-level musical training has a broader impact than previously thought. Researchers found that musicians have an enhanced ability to integrate sensory information from hearing, touch, and sight.
- The age at which musical training begins affects brain anatomy as an adult; beginning training before the age of seven has the greatest impact.
- Brain circuits involved in musical improvisation are shaped by systematic training, leading to less reliance on working memory and more extensive connectivity within the brain.

Some of the brain changes that occur with musical training reflect the automation of task (much as one would recite a multiplication table) and the acquisition of highly specific sensorimotor and cognitive skills required for various aspects of musical expertise.

"Playing a musical instrument is a multisensory and motor experience that creates emotions and motions -- from finger tapping to dancing -- and engages pleasure and reward systems in the brain. It has the potential to change brain function and structure when done over a long period of time," said Gottfried Schlaug, MD, PhD, of Harvard Medical School/Beth Israel Deaconess Medical Center, an expert on music, neuroimaging and brain plasticity. "As today's findings show, intense musical training generates new processes within the brain, at different stages of life, and with a range of impacts on creativity, cognition, and learning."

Musicians may also be more mentally alert, and a study at the University of Montreal shows that musicians have significantly faster reaction times than non-musicians.

The findings suggest that learning to play a musical instrument could keep your brain sharp as you age, and may help to prevent certain aspects of cognitive decline in older adults.

"As people get older, for example, we know their reaction times get slower," says Simon Landry, the study's lead author and a Ph.D. student in biomedical ethics. "So if we know that playing a musical instrument increases reaction times, then maybe playing an instrument will be helpful for them."

For the small study, the researchers compared the reaction times of 19 non-musician students and 16 student musicians who had been recruited from the university's music program and had been playing an instrument for at least seven years. The participants included violinists, percussionists, a viola player and a harpist. "We're only now starting to better understand the benefits of musical training and they seem to range beyond simply playing music."

Each participant was seated in a quiet room and asked to keep one hand on a computer mouse and the other on a small box that occasionally

vibrated silently. The participants were instructed to click on the mouse when the box vibrated, when they heard a sound from the speakers in front of them or when both things happened at once. The stimulations were done 180 times each.

As hypothesized, the musicians had significantly faster reaction times to non-musical auditory, tactile and multisensory stimuli than the non-musicians.

Landry says this is likely because playing music involves multiple senses. With touch, for instance, a violin player has to feel the string on her finger, but she also needs to listen for the right sound to be produced when she's pressing on the string.

"This long-term training of the sense in the context of producing exactly what is desired musically leads to a strengthening of sensory neural pathways," Landry told The Huffington Post. "Additionally, using the senses in synchronicity for long periods of time—musicians practice for years—enhances how they work together. All this would lead to the faster multisensory reaction time."

For more information and to learn the value of Musical Therapy visit Jay Anderson, Minding Music: Music Therapy in the Wellness Village at [ParkinsonsResource.org/the-wellness-village/directory/minding-music-music-therapy/](http://ParkinsonsResource.org/the-wellness-village/directory/minding-music-music-therapy/)

Jay Anderson has been a member in the Wellness Village since February 2019.

## DEPRESSION – cont. from page 5

8. **Feeling Alone Can Make You Ill** – Sniffling, sneezing, and feeling crummy overall? It could be a bad case of loneliness. Loneliness has a systemic effect, possibly raising our stress hormone levels and making it harder for our bodies to repair the daily wear and tear of life, says Cacioppo. We humans are a social species. In fact, being part of a social network is so biologically fundamental that feeling alone and disconnected might actually hurt our immunity.
9. **Nip Loneliness in the Bud to Prevent Depression** – Loneliness often goes hand in hand with one major health problem... depression. In fact, the American Psychological Association says that loneliness is a specific risk factor for the mental health condition.

But just because you've been feeling lonely doesn't mean you are doomed to become depressed. Here's what it does mean: You should start taking steps to nip loneliness in the bud — call up a friend, make dinner plans for next week — so you can prevent depression.

**PUTTIN' ON THE RITZ** – cont. from page 1

award is given to an individual who has been diagnosed with Parkinson's disease and refuses to allow the diagnosis to take them down. They fight and seek advanced methods that further the treatments and overall awareness of Parkinson's disease

**RAJENDRA MEHTA** is the owner and general manager of El Paseo Jewelers and a local philanthropist.

Rajendra Mehta, more commonly known as Raju, was born in Kankroli, India. Raju began his journey in the jewelry industry at the age of 15 when he learned how to cut diamonds, and by the age of 17 he was selling rough and polished diamonds. After graduating from South Gujarat University, Raju immigrated to the United States in 1982, bringing his knowledge of diamonds and his entrepreneurial streak with him. Six months after arriving, Raju and his brother Atul set up their wholesale business in Los Angeles. Over the years, Raju and Atul as a team have adapted to ever-changing jewelry industry and expanded into retail. In 1998, they purchased a store on El Paseo that would become the first location of El Paseo Jewelers. In 2007, Raju took over as general manager and since then both he and El Paseo Jewelers have become an integral part of the Coachella Valley community.

Raju Mehta and El Paseo Jewelers have been Gracious Philanthropists. At its best, philanthropy is gracious, graceful, and administered with a light touch. When we think of grace, apart from the religious connotations, we think of support given with seriousness of purpose, but with a light touch. Graciousness supports without judgment, without pity, and without self-satisfaction. Gracious philanthropy is humble, enlightening, and gives equally to the giver and receiver. Mr. Mehta is being presented with our **COMMUNITY SPIRIT AWARD**.

Sponsorships and ticket prices are available at [ParkinsonsResource.org/30th](http://ParkinsonsResource.org/30th). The event is being held at the Renaissance Esmeralda in Indian Wells, California.

We have other Honorees and will have their bios by the next Newsletter. If you follow us online, their information can be seen sooner. Check us out at [ParkinsonsResource.org/news](http://ParkinsonsResource.org/news).

**MARK YOUR CALENDARS / SAVE THE DATE: CELEBRATING 30 YEARS****Pearls of Wisdom Gala / April 18, 2020**

They say the 30th Anniversary gift is Pearl. As Parkinson's Resource Organization (PRO) celebrates our 30th year working "so that no one is isolated because of Parkinson's," we are sharing exciting news about our Pearls Of Wisdom gala.

April is Parkinson's Awareness Month. Our event is scheduled for Saturday, April 18, 2020, with a gala honoring those who have done so much to bring awareness and resources, about, to, and for Parkinson's while helping us to celebrate the work of PRO, now reaching more than 70,000 people monthly.

The night will feature a cocktail hour, surprise celebrity guests, a delicious 3-course dinner along with entertainment and dancing, plus drawings, silent and live auction along with a Grand Prize drawing for a trip!

Sponsorship opportunities are available. Invitation to follow. Visit [ParkinsonsResource.org/30th](http://ParkinsonsResource.org/30th)

**BITS AND PIECES****TAKE CARE! – A PARKINSON'S JOURNAL**

Dave Verdery and Curtis Cannon

**Dave:** I drove the short trip from Waco to Temple for my first appointment with Dr. E at S&W Hospital's Plummer Movement Disorder Center. She greeted me in the waiting area, and we went to her office to discuss my Parkinson's. Dr. E asked if I had questioned how or where I might have gotten Parkinson's. I replied that I'd done quite a lot of reading about it on the Internet and had found a checklist of 10 signs that could potentially indicate that I may have Parkinson's. She asked if I had it with me, which I did and read the list aloud: 1) trouble walking; 2) loss of smell; 3) stooping or being hunched over; 4) facial masking, where your face looks sort of "blank"; 5) trouble sleeping; 6) resting tremors; 7) small handwriting, known as micrographia; 8) dizziness or fainting; 9) constipation, and; 10) a soft or low voice. Dr. E said she had wanted to explore each sign in-depth at the HOTPACS speaker meeting, but the busy Q & A following her presentation went too well in the time allowed.

**Curt:** "Pill Time." That's the phrase Dave hears me say 3-4 times daily, usually four hours apart. Each day's routine begins when he wakes up and takes the first dosage. Dave found it increasingly difficult to get all those little pills into his mouth without dropping one or two of them, so I started **putting each of the three remaining doses onto a spoon**. Score! Now pill-taking is a breeze. Take a couple of swallows of water or juice to lubricate the throat, open wide, insert the spoon, deposit medication, finish drinking liquid (at least 12 ounces) and wait for a good half-hour before eating anything, the exception being a few Graham Crackers if the medications upset your stomach. If your next "Pill Time" is in four hours, it might be best to wait an hour after you take your medication before you eat. Here's an example of what has worked well for us:

- 8 AM: Arise and take the first medication. Wait an hour and have breakfast at 9 AM. At 11 AM, stop eating, and no protein "shakes".
- 12 N: Take second medication, wait an hour to have lunch at 1 PM. At 3 PM, stop eating.
- 4 PM: Take third medication, wait an hour to have dinner at 5 PM. At 7 PM, stop eating.
- 8 PM: Take fourth medication, wait an hour and then perhaps have a snack.

It's important to have a plan for your medications and to remember that we are sharing with you what has worked for us since Dave's PD diagnosis in 2007. The next time we write, we will shed some light on what we have done with the distribution of the numerous drugs that have been prescribed for Dave. These are so numerous that (TOP TIP) we lined up the pill bottles on the counter and took close-up pictures of the labels with our smartphone camera. *The nurses love us!* Note: We are freely sharing what we have learned about Parkinson's in hopes it can help others.

# PRO CALENDAR FOR MARCH 2020

The current support group meeting locations are listed below.

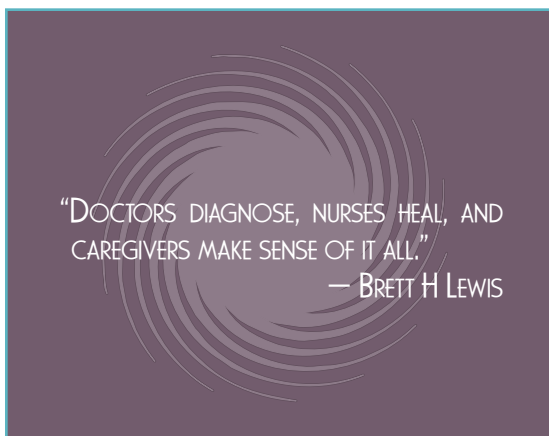
For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

1	2 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	3	4 LONG BEACH Round Table For Everyone 6:30 PM Cambrian Homecare "Training Center" 5199 Pacific Coast Hwy	5	6	7
8 DAYLIGHT SAVINGS TIME STARTS	9 PALM DESERT Round Table For Everyone 6:30 PM Atria Hacienda 44-600 Monterey Ave	10	11 GLENORA Round Table For Everyone 6:30 PM La Fetra Senior Center 333 E Foothill Blvd	12 NEWPORT BEACH Round Table For Everyone 6:30 PM Oasis Senior Center 801 Narcissus Corona Del Mar	13	14
15	16 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	17 ST PATRICK'S DAY	18 ENCINO Round Table For Everyone 7:00 PM Rehab Specialists 5359 Balboa Blvd	19 SPRING EQUINOX SANTA MONICA Round Table For Everyone 7:00 PM Rehab Specialists 2730 Wilshire Blvd. Ste 533	20	21
22	23 PALM DESERT Speaker Meeting 6:30 PM Atria Hacienda 44-600 Monterey Ave	24 MANHATTAN BEACH Round Table For Everyone 6:30 PM American Martyrs Welcome Center 700 15th Street	25	26 SHERMAN OAKS Round Table For Everyone 1:00 PM Sherman Oaks East Valley Adult Center 5056 Van Nuys Blvd	27	28
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.



## NEWSWORTHY NOTES

March 2020 / Issue No. 328 / Published Monthly

### PARKINSON'S RESOURCE ORGANIZATION

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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.