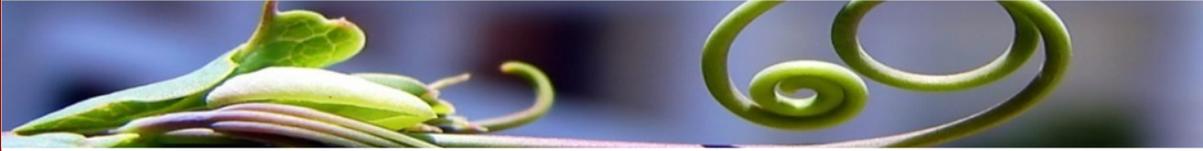


P A M E L A Q U I N N
movement consultant for people with
PARKINSON'S DISEASE



Dear friends,

In honor of our great leader, Martin Luther King Jr., let's think about how some of his wonderful quotes relate to the world of PD. The first one,

"Our lives begin to end the day we become silent about what matters."

makes me think of all the people with PD who are imprisoned at home without social interaction and support. Surely PD is a democratic disease in terms of those it strikes. But the social, racial and cultural mix of our population is not reflected in the care settings we have to offer. If you know someone in need of help and friendship, please approach them. If you have an idea about how to reach and engage a more diverse population, contact the **Parkinson's Disease Foundation** or the **MJ Fox Foundation**.

"Life's most persistent and urgent question is, "What are you doing for others?"

My experience is that helping others is in fact the best thing I can do for myself. My focus is off my own problems, and helping someone else makes me feel good. Do something today to help someone else in honor of Mr. King!



"Our scientific power has outrun our spiritual power. We have guided missiles but misguided men."

Are we striking the right balance with the way we've divided the resources we have? What % should go to prevention-oriented research (like a vaccine), how much should be allocated to research that will slow down progression, and what amount should be going toward care programs that help people with PD at every stage of disease? How do you think the pie should be split?

And last but not least,

**"We may have all come on different ships,
but we're in the same boat now."**

Happy Martin Luther King day.....make it a special one.

Pamela Quinn

P.S. In my previous email I announced the addition of a viewer submission portion of my **website. I decided to solicit offerings from other people from time to time rather than have it be open to all because my website is a reflection of me, not of everyone. I hope you understand and thank you for sharing your thoughts.**

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