

Parkinson's Post



Supporting people
with Parkinson's
since 1991

Parkinson's Activity Center

555 N La Canada Drive, Green Valley, AZ

Open Monday, Tuesday, Friday

1:00 PM to 3:30 PM

520-372-2368

October 2023



Suzanne Colley
President

Message from the President

Happy New Year! Best wishes to everyone for a healthy and happy 2024.

The beginning of a new year. I wonder what is on the horizon for us this year. 2023 seemed to happen at warp speed, so my wish for the new year is to slow down and enjoy the ride.

My sincere thanks to everyone who donated to the Support Group this past year. Your gift

truly helps us continue our mission of "Giving Parkinson's the SAC" – staying Mentally Stimulated, Physically Active and Socially Connected.



Thanks to our members who volunteer untold hours to keep the organization running every day. There would be no Support Group without you. Thanks also to our community partners

who support our mission in so many ways. The organization is stronger with your help.

2022-2023 Lecture Series

Give Parkinson's the SAC(K): Become Increasingly Knowledgeable

Friday, January 5 at 2:00 pm

Topic: Focused Ultrasound for Parkinson's

Before deep brain stimulation, surgeons sometimes treated Parkinson's with a Pallidotomy, a surgical procedure which involved destroying a tiny area in a part of the brain. Electrodes were used during the procedure to locate the precise location in the brain. Since the electrodes stopped the tremor, destroying brain cells was replaced with deep brain stimulation (DBS), which was approved by the FDA in 2002.

Today a new procedure, focused ultrasound, has taken us full circle—back to destroying a tiny part of the brain to stop tremors. The biggest advantage of focused ultrasound is that it



Tim Meakem, MD

is noninvasive—no need to drill holes through the skull.

Attend our January lecture to learn more about focused ultrasound from the Chief Medical Officer of the Focused Ultrasound Foundation. He will be joining us virtually on Zoom. I encourage you to watch from home (the link will be sent to members by email). For those uncomfortable with using Zoom, come to the PAC to join the meeting. This month's lecture will not be presented at the GVR Las Campanas Center.

Strive to Know; Know to Thrive

Did You Miss It?

Holiday Party

As always, our holiday party was a festive occasion with 70 people attending. Thank you to Sue C., Kathy P., and their helpers for their cheerful hospitality and to everyone who brought a dish to share. More thanks to our Readers' Theater group who explained the reason for the baker's dozen. (All members with PD are welcome to join the group at the PAC on Thursdays at 2:30 pm to practice speech articulation and voice projection by reading scripts.) Santa made an appearance and told a story or two. (Apparently, Rudolf wasn't with him to help him find us on time.) On a personal note, I want to thank the two elves who taped my shoe together.

Do you have a photo from the Holiday Party? Please share it. We would like to post it on our website. Send it to: supportgroup@gvparkinsons.org

December SACK Class

Over 20 members attended this session on Pain in Parkinson's. A recording of a webinar hosted by the Davis Phinney Foundation was shown featuring Dr. Jori Fleisher, movement disorder neurologist. Watching the video as a group provided an opportunity to share personal experiences and information. Attendees were given a handout from the Parkinson's Foundation on the subject, a checklist to describe one's pain to take to doctor appointments, and a chart for recording pain and other symptoms in relation to med times. The video is available for viewing at <https://www.youtube.com/watch?v=8X9qp31SLME&list=PLjhr2hLuddlQGqMksvmAemgtGBrBI58W&index=5>

Suggestions for topics of future classes can be sent to membership@gvparkinsons.org

SACK Class

By Charlene Ostlund

If you are considering brain surgery, you may want to compare focused ultrasound to deep brain stimulation (DBS). Our lecture on January 5th will feature focused ultrasound. Our SACK Class on Tuesday, January 16th, at 2:00 pm will review DBS.

Our speaker will be Meg Lambert, BSN, RN, CNRN, who represents Medtronic, one of the manufacturers of the stimulators. She will be joining us in-person.

In addition to speaking about DBS, she will also address hospitalization for people with PD.

Space is limited so register early by emailing membership@gvparkinsons.org or calling 520.777.4847.

Give Parkinson's the SACK:

Strive to Know; Know to Thrive




Tax Time

Two ways to reduce your taxes:

1. The Parkinson's Support Group of Green Valley is an **Arizona Qualifying Charitable Organization (QCO)**. All Arizona residents may participate and receive a **tax credit** on their Arizona State Tax. It reduces your tax liability by the amount you donate up to \$800 for a married couple and \$400 for single or head of household. Our QCO Code is **22119**.
2. **Donate Your "Required Minimum Distribution" from your IRA:** The Consolidated Appropriations Act of 2016 made permanent the option of qualified charitable distributions (QCDs) from individual retirement accounts. This means that persons who take annual distributions from their IRA, can make a gift directly from their IRA to the Parkinson's Support Group of Green Valley, and save the income taxes.

You may want to consult your accountant.

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 PAC 1:00-3:30 pm	3 Exercise Class/Video 9:00 am Rock Steady Boxing* PD Partners Zoom—1:00 pm Men with PD Zoom—2:30 pm Golfing	4 Weekly Get Together 9:00 am Readers Theater 2:30 pm Loud Crowd 3:30 pm	5 Exercise Class/Video 9:00 am Rock Steady Boxing* Lecture 2:00 pm	6 Pole Walking 9:30 am
7	8 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. PAC 1:00-3:30 pm	9 Meet & Greet 9:00 am PAC 1:00-3:30 pm	10 Exercise Class/Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing* Book Club Zoom—2:30 pm Golfing	11 Weekly Get Together 9:00 am Readers Theater 2:30 pm Loud Crowd 3:30 pm	12 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm	13 Pole Walking 9:30 am
14	15  Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. PAC 1:00-3:30 pm	16 PAC 1:00-3:30 pm SACK Class 1:15 pm	17 Exercise Class/Video 9:00 am Rock Steady Boxing* Women with PD Men with PD PD Partners FID—1:15 pm Golfing	18 Weekly Get Together 9:00 am Readers Theater 2:30 pm Loud Crowd 3:30 pm	19 Exercise Class/Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing* PAC 1:00-3:30 pm BINGO 1:30 pm	20 Pole Walking 9:30 am
21	22 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. PAC 1:00-3:30 pm	23 PAC 1:00-3:30 pm Lunch Bunch 1:30 pm	24 Exercise Class/Video 9:00 am Rock Steady Boxing* Women with PD Zoom—3:00 pm Golfing	25 Weekly Get Together 9:00 am PAC 1:00-3:30 pm	26 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm	27 Pole Walking 9:30 am
28	29 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. PAC 1:00-3:30 pm	30 PAC 1:00-3:30 pm	31 Exercise Class/Video 9:00 am Rock Steady Boxing* Golfing	 <p>PARKINSON'S Support Group of Green Valley</p> <p><i>*Activity available to our members that is beneficial for PWP's. May have a fee associated with the activity.</i></p>		

Parkinson's Support Group of Green Valley Sponsored Activities



Book Club

- Second Wednesday—2:30 pm (Zoom)



Chair Exercise Class

- Monday, Wednesday, Friday—9 am
- Valley Presbyterian Church (2800 S Camino Del Sol, Green Valley)
- Video on website/YouTube
- Led by Mia Lee Cooper, Certified Trainer



Coffee at McDonalds

- McDonalds (170 W Continental Rd, Green Valley)
Every Monday—10:30 am



Group Sharing Meetings

- First Wednesday—1:00 pm
Parkinson's Partners (Zoom)
- Second Wednesday—10:30 am
Women with Parkinson's—Zoom
- Third Wednesday—1:15 pm
In person at Friends in Deed (301 W Cam Casa Verde, Green Valley)
Women with Parkinson's (Room C)
Men with Parkinson's
Parkinson's Partners
- First Wednesday—2:30 pm
Men with Parkinson's—Zoom
- Fourth Wednesday—3:00 pm
Women with Parkinson's—Zoom



Loud Crowd

- Every Thursday—3:30 pm
- Parkinson's Activity Center (555 N La Canada, Green Valley)



Lecture Series

- First Friday—2:00 pm
- Hybrid (In-person and Zoom)
GVR Las Campanas Social Center (565 W Belltower Drive, Green Valley)
- Sept, Oct, Nov, Jan, Feb, Mar



Lunch Bunch

- Fourth Tuesday—1:30 pm (Sept--May)
- Triple Play (1570 W Duval Mine Rd, Green Valley)



Meet & Greet

- Second Tuesday —9:00 am
- Arizona Family Restaurant (80 W Esperanza Blvd, Green Valley)



Nordic Pole Walking

- Every Saturday (October—April)
- Location TBA—9:30 am



Parkinson's Activity Center (PAC) (555 N La Canada Dr, Green Valley)

- Resource Library
- Open Monday, Tuesday, Friday
- 1:00—3:30 pm



Ping Pong

- Mon, Tues, Fri—1:00-3:30 pm
(Parkinson's Activity Center)



Readers' Theater

- Every Thursday—2:30 pm
- Parkinson's Activity Center (555 N La Canada, Green Valley)



Weekly Get Together

- Every Thursday—9:00 am
- Posada Java

Additional activities found to be beneficial for PwPs. Available for a fee.

Golf

- Country Club of Green Valley (77 E Paseo de Golf, Green Valley)
- Every Wednesday
- Call Kay (Reservation Desk) at 520.625.8807

Rock Steady Boxing

- Dominate Fitness (630 W Ward Ln, Green Valley)
- Monday, Wednesday, Friday
- 11:30 am—1:00 pm
- Staff evaluation required to participate but observers are welcome

Parkinson's Functional Fitness 4 Life Class

Green Valley Recreation (GVR) offers a class advertised as a training program that includes high intensity interval training, resistance, flexibility, and balance training. The class begins on January 8th. It runs for five weeks meeting on Mondays and Wednesdays 10:30-11:30am. The instructors are Lee Smith and Suzanne Polzin. The fee is \$150. Remember that our support group offers exercise assistance, which reimburses up to \$600/year for exercise fees. To register for the class, call Lee Smith at GVR (520-625-0288) or email lees@gvrec.org. **Non-GVR members may also register.**

Q & A

What are the advantages of reading the Parkinson's Post sent out by Mail Chimp (email) over the paper copy?

- ⇒ The **links allow easy access** to videos, documents, our calendar of events, and more.
- ⇒ **Color** vs. black-and-white.
- ⇒ The **calendar is often updated** between the time the newsletter goes to the printer and when it is published.
- ⇒ There are **bonus articles** not found in the printed version.

Contact supportgroup@gvparkinsons.org if you are not receiving the email version and would like to sign up.

PD in the News

Mid-December the House of Representatives overwhelmingly passed the National Plan to End Parkinson's Act with a bipartisan vote to cure and prevent Parkinson's disease.

A Bit of History: Then & Now

From our past newsletters....

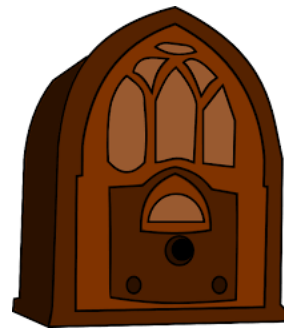
20 years ago: The "Ladies with Parkinson's" met for the first time in a member's home. The caregivers and men with PD had been meeting at Friends in Deed.

15 years ago: Our members that are on a gluten-free diet may be interested to know that a past member, Phyllis Potts, adjusted recipes to accommodate her son's wheat allergy and then compiled them into a recipe book called *Going Against the Grain*, which sold over 23,000 copies. Her book led to an appearance on CNN's television show "On the Menu". She later published a second book and then a third book that combined the other two.

10 years ago: Our singing group met for the first time in the Pott's home. There were around 15

Speech Practice 2024

Readers Theater and LOUD Crowd will resume on Thursday, January 4th following the holiday break. Readers Theater participants will be reenacting old radio scripts from the era of the '30s through the '60s. With the help of vocal coaches Martha Van Vactor and Dorothy North, next season's readings will be an opportunity to assume the character and retell the stories of our childhood heroes.



LOUD Crowd, with Professor Ethen Wash and two student SLPs from Midwestern University, Estephania, and Nanian, will lead us through vocal warm-ups and direct conversations that encourage speaking with INTENT.

Maintaining and improving speech is vital to quality of life. Join us for one or both programs: supportgroup@gvparkinsons.org; 520-372-2368.

participants with Bonna C. accompanying the piano. Apparently, Phyllis used her cooking talents to treat those who attended. The photo in the newsletter showed a table of appetizers. This group no longer exists, but if you are interested in singing with other people with PD, Parkinson Voice Project has a sing-along every Thursday. <https://parkinsonvoiceproject.org/program/sing-alongs/>

5 years ago: At the end of January, the support group had its grand opening of SAC Club, a weekly gathering at Friends in Deed to play games, do arts and crafts, work on jigsaw puzzles, and have cooking demos. Unfortunately, the pandemic ended SAC Club. Today, we are adding Bingo to our schedule. Having fun is still important!

DEEP THOUGHTS

Saw a dancing chicken at the carnival...she was poultry in motion!

I drank a little wine last night and did my taxes... I'm getting back 4 million!

My neighbors John and Jo were talking in their front yard when a truck loaded with rolls of sod went by. John said, "I'm going to do that when I win the lottery.!" "Do what?", asked Jo. "Send my lawn out to get mowed," said John.

Saw a man standing on one leg at an ATM. I asked him what he was doing. He said..."Just checking my balance."

Compliments of Mr. "Jim" Chuckles

Curt Ackley, Curator

Reflexology by Diane

Diane P. will be at the PAC on Mondays at 1 pm to help ease your stress, pain, and anxiety.

Reflexology uses gentle pressure along specific points of your feet to help you relax and feel better. Call Diane at 360-608-2199 or email her at dianesfeet@msn.com for an appointment. No walk-ins. Appointments only. Donations are appreciated.

Book List for our Book Club

All members (people with PD, partners, and alumni) are welcome to join. If you are interested in joining our book club, send an email to supportgroup@gvparkinsons.org to let us know. Meeting times are subject to change. If we know you are interested, we send an email to let you know.

Jan: *Covenant of Water* by Abraham Verghese

Feb: *Trust* by Herman Diaz

Mar: *Remarkably Bright Creatures* by Shelby Van Pelt

Apr: *The Secret Life of Sunflowers* by Marta Molnar

May: *Constellation of Vital Phenomena* by Anthony Marra

Hybrid Group Sharing Meetings

How would you feel about combining our in-person and Zoom group sharing meetings? To do this, the meetings would have to move from Friends in Deed to the PAC. That would also mean the groups would no longer meet simultaneously. Share your opinion with the board by emailing president@gvparkinsons.org or calling 520.372. 2368.

THANK YOU TO



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Parkinson's Post Publication

Thanks to these volunteers who made this publication possible.

Curt Ackley
Jane Bottinger
Sue Colley

Bonna Cunningham
Charlene Ostlund
Lucinda White



Green Valley Fire District Services

Keep these phone numbers handy.

- Smoke alarm battery program: 520-393-7505
- Lock box program: 520-625-9438
- Desert pest removal: 520-629-9200
- Chirping smoke detector: 520-629-9200