

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

February 2024

Message from the President



Suzanne Colley
President

Caregivers come in all shapes, sizes, ages, abilities, and needs. They walk a long difficult, at times frustrating road on the Parkinson's journey with their loved one. What

is one way to take a break, find a like minded person to

share your frustrations, someone to ask how you are doing or receive a "I have walked in your shoes" hug? Attend the monthly in-person group share sessions the third Wednesday of each month, 1 pm at Friends In Deed. Or attend the Care Partners Zoom session each month. We all need some self-care, especially caregivers. Come join us – you will be glad you did.

As a caregiver, what small thing would bring a smile to your face, provide a laugh for the day or

make your day a little less stressful? Send me your ideas/suggestions at president@gvparkinsons.org and maybe we can help.

Self-Care. We need to take care of ourselves to care for others. How you ask? I hibernate, turn

off my phone and do not look at my emails. I also Hurtle-Durkle. What is that you ask? It is a 200-year-old Scottish term meaning to lounge in bed long after it's time to get up. Happiness is Hurtle-Durkling. My daughter sent me that information last week and I now incorporate it into my self-care routine.

JOMO (noun)

Joy of missing out, feeling content with staying in and disconnecting as a form of self-care.



Another good way to self-care is to Jo-Mo. The Joy of Missing Out; feeling content with staying in and disconnecting as a form of self-care.

I realize these may not work for everyone but let's get creative and maybe you can Hurtle-Durkle or Jo-Mo this month.

2023-2024 Lecture Series... Give Parkinson's the SAC(K): Become Increasingly Knowledgeable

Friday, February 2 at 2:00 pm

Topic: Why we (and our joints) age...why we don't have to

Presenter: Dr John Tait, Founder, Chief Health Strategic of Origen Orthopedics + Optimal Health

In mid-November, American Parkinson Disease Association Virginia chapter (APDA VA) hosted a webinar on pain in Parkinson's disease (PD).

One of the major points from the webinar was the importance of catching and treating pain because it affects mobility and the ability to exercise, which will lead to advancing motor symptoms.

In his lecture, Dr. Tait will speak on his non-surgical orthopedic treatment for joint pain using orthobiologics, including stem cell and exosome treatment. He will not be addressing stem cell therapy to treat Parkinson's, which is still being researched.

This presentation will be held at GVR's Las Cam-

panas Center, 565 W. Belltower Dr. Please be seated by 1:55 pm for announcements. Non-GVR members should enter through the front (north) door. There is also parking in the back, but a GVR membership card is needed for entry through the south door.

Though attending in-person is preferred, there will be an option to participate from home on Zoom. The link will be sent to members by email. If you attend on Zoom, please mute your device so that background noise doesn't interfere with the presentation. Open the chat window to enter questions for Dr. Tait and possibly receive instructions from our Zoom host.

Did You Miss It?

By Charlene Ostlund

January Lecture

Our presenter, Tim Meakem, MD, is the Chief Medical Officer of the Focused Ultrasound Foundation, which supports research projects involving focused ultrasound at academic research institutions around the world. Focused ultrasound is aptly named. The procedure uses soundwaves focused on a particular spot guided by MRI images. For Parkinson's patients, the target is one of three locations in the brain to reduce tremor and dyskinesia. It can also be used to temporarily open the blood/brain barrier, which may have uses for future treatments of Parkinson's.

Medicare does not currently cover focused ultrasound in Arizona but does in many other states. According to Dr. Meakem, residents of Arizona can travel to other states for the procedure so that Medicare will cover it.

Below is the link for the recording. It's worth watching a second time.

<https://fusfoundation.zoom.us/rec/share/gm5QGdFY-RxV58QGrUBCJ0GPHSzoNhMUgMyvk5uuzA6NTGLit-bcetstB836BtoAj.9WffWyBv0e4ieYV9>

DEEP THOUGHTS

Words of wisdom from children:

1. You can't hide a piece of broccoli in a glass of milk. –Amir, 9
2. Don't wear polka-dot underwear under white shorts. –Kellie, 11
3. If you want a kitten, start out by asking for a horse. –Naomi, 15
4. Felt markers are not good to use as lipstick. –Lauren, 0
5. Never try to baptize a cat. —Eileen, 8

Curt Ackley, Curator

January SACK Class

Meg Lambert, BSN, RN, CNRN, presented a slide show about **deep brain stimulation (DBS)**. Those attending should keep in mind that Meg represents Medtronic, one of several makers of DBS devices. If you are considering DBS, you may want to discuss the differences between devices with your neurologist. One thing they all have in common is that they are more advanced than those used years ago. DBS is an option for people experiencing "on/off" periods and/or dyskinesia (jerky movements caused by the Parkinson's medications).

As a nurse, Meg is aware that hospital staffs generally are not trained to care for people with Parkinson's. She shared a list of problems people with PD might experience when hospitalized and encouraged ordering an Aware-in-Care kit from the Parkinson's Foundation. Their website no longer mentions the kit but offers a **Hospital Safety Guide**, which includes forms that can be printed and filled out to be prepared for an unexpected or planned hospitalization and a list of safe and contraindicated medications. The guide can be ordered from the website or by calling the foundation's helpline 1-800-473-4636. The guide can also be downloaded from the website:

<https://www.parkinson.org/resources-support/hospital-safety-guide>



In Memoriam

Richard Stoesser recently passed. Those of you who attend our chair exercise class will remember Richard. He is survived by his wife Dolores.

February 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1 Weekly Get Together
9:00 am
Senior Cardio
11:00 am
Readers Theater
2:30 pm
Loud Crowd
3:30 pm

2 Exercise Class/Video
9:00 am
Rock Steady Boxing*
11:30 am
**Lecture
2:00 pm**

3 Pole Walking
9:30 am

4

5 Exercise Class/Video
9:00 am
Coffee at McDonald's
10:00 am
Rock Steady Boxing*
Reflexology by appt.
Mahj Jongg
1:30 pm

6 Pole Walking
9:30 am
Senior Cardio
11:00 am
PAC
1:00-3:30 pm

7 Golfing
Exercise Class/Video
9:00 am
Rock Steady Boxing*
11:30 am; 12:30 pm
PD Partners Zoom—1:00 pm
Men with PD Zoom—2:30 pm

8 Weekly Get Together
9:00 am
Senior Cardio
11:00 am
Readers Theater
2:30 pm
Loud Crowd
3:30 pm

9 Exercise Class/Video
9:00 am
Rock Steady Boxing*
Jewelry Care & Inspection
1:30-3:30 pm

10 Pole Walking
9:30 am
Breath & Movement
11:00 am
Vedic Chanting
Noon

11

12 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

13 Meet & Greet
9:00 am
Pole Walking
9:30 am
Senior Cardio
11:00 am
PAC
1:00-3:30 pm

14 Golfing
Exercise Class/Video
9:00 am
Women with PD Zoom—10:30 am
Rock Steady Boxing*
11:30 am; 12:30 pm
Book Club Zoom—2:30 pm

15 Weekly Get Together
9:00 am
Senior Cardio
11:00 am
Readers Theater
2:30 pm
Loud Crowd
3:30 pm

16 Exercise Class/Video
9:00 am
Board Meeting
10:30 am
Rock Steady Boxing*
PAC
1:00-3:30 pm
BINGO
1:30 pm

17 Pole Walking
9:30 am
Breath & Movement
11:00 am
Vedic Chanting
Noon

18

19 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



20 Pole Walking
9:30 am
Senior Cardio
11:00 am
SACK Class
1:15 pm

21 Golfing
Exercise Class/Video
9:00 am
Rock Steady Boxing*
11:30 am; 12:30 pm
Women with PD
Men with PD
PD Partners
FID—1:15 pm

22 Weekly Get Together
9:00 am
Senior Cardio
11:00 am
Readers Theater
2:30 pm
Loud Crowd
3:30 pm

23 Exercise Class/Video
9:00 am
Rock Steady Boxing*
PAC
1:00-3:30 pm

24 Pole Walking
9:30 am
Breath & Movement
11:00 am
Vedic Chanting
Noon

25

26 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

27 Pole Walking
9:30 am
Senior Cardio
11:00 am
PAC
1:00-3:30 pm
Lunch Bunch
1:30 pm

28 Golfing
Exercise Class/Video
9:00 am
Rock Steady Boxing*
11:30 am; 12:30 pm
Women with PD
Zoom—3:00 pm

29 Weekly Get Together
9:00 am
Senior Cardio
11:00 am
Readers Theater
2:30 pm
Loud Crowd
3:30 pm

***Activity available to our members that is beneficial for PWP's. May have a fee associated with the activity.**
****All highlighted activities take place at The PAC (555 N La Canada Drive, Green Valley)**

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



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 Sahuarita

- GV Athletics (1075 N Bessett Ave, Green Valley)
- Monday, Wednesday, Friday
- 11:30 am & 12:30 pm
- Staff evaluation required to participate but observers are welcome

Senior Cardio Boxing

- Parkinson's Activity Center (555 N La Canada Dr, Green Valley)
- Tuesday & Thursday
- 11:00 am

SACK Class

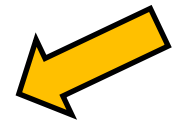
Have you ever wondered.....

- Why the cost of medications is so high?
- Why prescription drugs are cheaper in Canada?
- How drugs go to market?
- How can I lower my drug costs?

Then attend the next SACK meeting on February 20th at 1:15 pm and learn the answers.

Speaking and assisted by videos and discussion is Pam Wigginton--a retired nurse practitioner and educator who has worked in the pharmaceutical world.

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



Q & A: *Why does the support group schedule frequent coffees/gatherings?*

Dr. Joseph Mattarazzo, psychologist and past president of the American Psychological Association, said that more psychotherapy happens between good friends at coffee every morning than all day long in a doctor's office.

The three aspects of the support group's motto (staying mentally stimulated, physically active, and socially connected) are not separate entities. Each one contributes to the others.

The Center for Disease Control and Prevention

(CDC) says, "When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices and to have better mental and physical health outcomes. They are also better able to cope with hard times, stress, anxiety, and depression."

So don't think that attending our social gatherings is wasted time. It's good for your health!

<https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm>

New Activities at the PAC for 2024

Senior Cardio returns! *(Tues. & Thurs. at 11:00 am)*

Led by Sue Jones, this class was on-hold until the PAC had the flooring and mirror installed. Classes begin February 6th. Bring light weights. Class consists of standing and sitting exercises, large movements, and coordination exercises. Cost: \$5/class paid to the instructor. Text Sue Jones to sign up for class. 724-747-0075.

Mah Jongg anyone? *(Monday, Feb. 5th at 1:30 pm)*

Marsha Greenberg will be teaching a Mah Jongg class beginning Monday, February 5th. Marsha is an experienced player and teacher. Mahjong is a fun and popular game played with tiles with Chinese characters and symbols. It is a game of skill, strategy, and luck. Come meet Marsha and be mentally stimulated.

Jewelry Care & Inspection *(Feb. 9th, 1:30-3:30 pm)*

Judie Gumm, jewelry designer for 50+ years, and Ellen O'Brian, antique dealer specializing in estate jewelry for 35 years, will be at the PAC, 555 N La Canada, suite 127. They will be available to check your stone settings for wear, do a mini appraisal including weighing your gold, suggestions for keeping your jewelry bright and shiny and offering reputable contacts for repairs and sales. No appointment necessary, free of charge but donations for the Parkinson's Support Group are appreciated.

Welcome Sarah Beaudry, owner of Blessings Yoga, as she brings Yoga and Chanting to the PAC.

The cost is \$5/per class paid to the instructor.

Breath & Movement Class *(Sat., 11:00-11:45 am)*

Are you seeking a practice to promote mental calmness and increase energy? Join this Yoga class, incorporating gentle movements in standing and chair poses. Develop the skill of harmonizing breath and movement to induce a state of calm, enhancing energy, balance, and focus. This class integrates meditative movement, breathwork, and visualization for a comprehensive and holistic experience.

Vedic Chanting Class *(Sat. at 12:00-12:45 pm)*

Are you ready to experience the healing power of ancient Sanskrit mantras? Join us to explore the energetic power of sound, breath, and voice. In this class, we'll blend easy movements with sound, plus seated chanting, and guided visualization for a complete mind-body-spirit experience. Excellent for those with voice issues.

One-on-One classes

Following the Chanting Class, discover a personalized Yoga practice crafted just for you, supporting your unique goals and health needs. Classes weave together meditative movement, breathwork, mantra, and visualization for a holistic experience. Come back regularly to catch up and fine-tune your practice. Take home practice sheets provided. **Available Time Slots:** 10:15-10:45 am; 1:15-1:45 pm; 2:00-2:30 pm

Reserve Your Space:

calendly.com/sarahbeaudry/gv

Learning to Zoom

By Charlene Ostlund

We started using Zoom during the pandemic to substitute for in-person events and meetings. We will likely continue to use it so that members can join our meetings and lectures from home if they choose to do so.

There are a couple of features of Zoom that you should learn to use: chat and muting/unmuting your microphone. If you are using a PC, you will find access to these features at the bottom of your Zoom screen. I suggest keeping your chat window open so that we can communicate with you without interrupting the speaker and you can ask questions of the speaker.

You should mute your computer when joining a session so that background noises and comments intended for someone in your room at home cannot be heard by the other Zoom participants. You can do this by clicking on the microphone icon.

Disclosure: I'm not familiar with Apple devices, but I found the following information online for those of you using an iPad or iPhone.

Click on the three dots in the corner of your Zoom screen. Tap on **chat**. You can choose for everyone to receive your message, or you can

choose a particular person to receive it.

Giving your permission – the first time you open the Zoom app on your iPhone or iPad, the app will request permission to access your microphone and camera. If you want to change those settings, go to the Settings app and scroll all the way down to the bottom to “Zoom”.

Mute your microphone. When you're in the Zoom app, tap “Settings”, then “Meetings”, and turn the switches ON for “Always Mute My Microphone”. You can un-mute yourself when it's time to speak. You should also turn on “Always Show Meeting Controls.”



To kick off Parkinson's Awareness Month (April)

Dr. Cynthia Reed, movement disorder neurologist, will be presenting our lecture on Parkinson's 101. Invite people in the community to join us at GVR Las Campanas Center at **2:00 pm on April 5th** to learn more about the disease. We know that it's more than just tremor, but do they?

THANK YOU TO OUR SPONSORS



Fry's Community Rewards
Enroll online

Parkinson's Post Publication

Thanks to these volunteers who made this publication possible.

Curt Ackley	Bonna Cunningham
Jane Bottinger	Charlene Ostlund
Sue Colley	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