

# 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

March 2024

## Message from the President



Suzanne Colley  
President

We are off to a very busy start this new year. The Parkinson's Activity Center (PAC) is filling up with informational programs and fun activities. Be sure to save the pull-out calendar and read Char's daily emails so you know what's on tap for the day.

Thanks Char & Bonna for keeping us informed.

**March 3<sup>rd</sup> is Caregiver Appreciation Day.** As I researched caregiving for a grant we submitted, I learned there are caregivers' appreciation days on the third Friday in February (National Caregiver Appreciation Day) and November is National Family Caregivers month. We can never thank caregivers enough, whether they be family, volunteers, or paid staff. So, take time to give your caregiver a big THANK YOU (add a kiss and hug if appropriate) on March 3<sup>rd</sup>.

A new activity at the PAC is **Chair Yoga and a class on Chanting.** Both are led by Sarah Beaudry, owner of Blessings Yoga. The benefits of chair yoga include improved muscle strength, balance, and flexibility. Yoga can help reduce chronic pain, improve your mental health and sleep. Chanting can help those whose voice has been impacted by PD. Both classes are held on Saturdays, Yoga at 11 am followed by Chanting at noon. Cost is \$5/per class. Come join us!

**Calling all Rummikub players.** We play on Monday at 1:30 at the PAC. Thanks to Marsha Greenberg for introducing us to this fun game. My sister and I came home from the first day of play and ordered the game. It is now our go-to every night along with a glass of wine or a margarita. 😊

Monday, March 4<sup>th</sup> (10 am to noon), the Greater Green Valley Community Foundation is hosting a free seminar on *Empower Your Estate/Legacy: A*

*Practical Guide.* Estate planners will discuss how to manage your estate, prepare, or revise your will and show how to provide for charitable giving. Reserve your seat by email ([exd@ggvpcf.org](mailto:exd@ggvpcf.org)) or call 520-625-4556. The program is held at Community Performance & Art Center Theater.

**April is Parkinson's Awareness Month.** We are planning several events to highlight our group and remind the community about PD. More details in Char's emails and the April newsletter.

**April 2<sup>nd</sup> is AZ Gives Day.** Our Support Group is one of over 1000 non-profits that participate in this state-wide day of giving. Show your support for the Parkinson's Support Group. Go to AZ Gives, enter the name (Parkinson's Support Group of Green Valley." Our page should appear and you will be able to donate from there.

## SACK Class

The national Parkinson's organizations offer resources that are often underused. To help you become familiar with the Parkinson's Foundation and its programs, we have invited one of their ambassadors to meet with us on Zoom on Tuesday, March 19, at 6:00 pm. Join us to learn about their help line, fact sheets you can order or download, their hospital safety guide, audio-books, podcasts, videos and webinars, books, and lots more. They offer something for every stage of Parkinson's.

Join the class from home on Zoom or come to the PAC and watch with the group on the large screen. Space is limited in the PAC so if you plan to attend there, register early by emailing [membership@gvparkinsons.org](mailto:membership@gvparkinsons.org) or calling 520.777.4847.

## Did You Miss It?

By Charlene Ostlund

### February Lecture

Every lecture presents technical challenges. Will the speaker be present in-person or virtually? How many speakers need microphones? Will there be a slideshow? Will the speakers use their own computers? Will there be a demo? Will the speaker allow us to record the talk? Our volunteers can prepare for those issues ahead of time. It's the unexpected problems that pop up on the spot that are most challenging, and there were plenty of those during our February lecture: no internet connection, a slideshow that suddenly stopped, a projector shutdown, and dead batteries in the projector remote control. Our speaker, Dr. John Tait, handled each of the technical difficulties without missing a beat.

Dr. Tait introduced an integrative regenerative orthopedic approach to musculoskeletal treatment for people suffering from joint pain to an in-person audience of 50 people. This is a topic important to people with Parkinson's who understand the importance of exercise. As Dr. Tait commented, motion is lotion for the joints.

You can learn more about Dr. Tait's practice at <https://origenortho.com/orthopedics/>



**Win a \$25 Culver's Gift Card**

Find a trivia question in the *March Parkinson's Post*, email edition.

Use the official form to submit your correct answer for a drawing.

## 2023-2024 Lecture Series.

**Friday, March 1 at 1:00 pm**

**Topic: Nutrition for People with PD**

**Presenter: Kristi Weber, Clinical Nutritionist**

March is National Nutrition Month. The topic for this month's lecture is no coincidence.

Our speaker, Kristi Weber is an exercise physiologist and clinical nutritionist with two master's degrees: one in physical education and another in human nutrition.

The German philosopher Ludwig Geuerbach gave us the expression "You are what you eat." People with Parkinson's often favor sweets, but is that what our bodies need?

You should attend this lecture if...

- you have Parkinson's and are concerned about staying as healthy as possible.
- you care for someone with Parkinson's and want to help that person eat healthy.
- someone with PD depends on you, and you need to stay healthy for their sake.

**Note that our March lecture will begin at 1:00 pm instead of the usual time.**

Strive to Know; Know to Thrive

**Parkinson's Research Study:  
University of Hawaii**



For more information go to:

<https://forms.gle/a4tSTopZmAqjvq7Y7>



**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 5<sup>th</sup>** to learn more about the disease. We know that it's more than just tremor, but do they?

# March 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat



*\*Activity available to our members that is beneficial for PWWs. May have a fee associated with the activity.*

**\*\*All highlighted activities take place at The PAC (555 N La Canada Drive, Green Valley)**

**1** Exercise Class/Video 9:00 am  
Rock Steady Boxing\* 11:30 am  
**Lecture 1:00 pm**

**2** Pole Walking 9:30 am  
Chair Yoga 11:00 am  
Chanting 12:00 pm

**3**

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

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

**6** 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

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

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

**9** Pole Walking 9:30 am  
Chair Yoga 11:00 am  
Chanting 12:00 pm

**10**



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

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

**13** 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

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

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

**16** Pole Walking 9:30 am  
Chair Yoga 11:00 am  
Chanting 12:00 pm

**17**



**18** Exercise Class/Video 9:00 am  
Coffee at McDonald's 10:00 am  
Rock Steady Boxing\*  
Rummikub 1:30 pm

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

**20** 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

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

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

**23** Pole Walking 9:30 am  
Chair Yoga 11:00 am  
Chanting 12:00 pm

**24/**

**31**



**25** Exercise Class/Video 9:00 am  
Coffee at McDonald's 10:00 am  
Rock Steady Boxing\*  
Rummikub 1:30 pm

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

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

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

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

**30** Pole Walking 9:30 am  
Chair Yoga 11:00 am  
Chanting 12:00 pm

## 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

### DEEP THOUGHTS

Sometimes people come into your life and change you into a better person.

Baristas. They're called Baristas!

\*\*\*\*\*

The Indian restaurant I work for is so secretive I had to sign a legal agreement that I wouldn't share the flatbread recipe. Just their standard *naan* disclosure agreement.

*Replying to....*

*Google it. You spelt non-disclosure wrong btw.*

*Curt Ackley, Curator*





## In Our Library

*Take That...and Take That!*

*28 Years Surviving Parkinson's Disease...and Still Counting...*

By Martha Kowal

Everyone with Parkinson's has stories to tell about how they were diagnosed, how they reacted, and how they handle the challenges presented by the disease over the years. Yet, most don't write their memories to share with the world. After 28 years of living with the disease, Martha Kowal has many memories to share. She describes the book as being about the nitty-gritty daily grind of liv-

ing with the disease. You'll relate to many of her stories.

The title of the book and cover photo give you an idea of Martha's attitude toward the disease. She wrote, "Parkinson's, you are not welcome in my life. WHAP, WHAP, WHAP!" Yet, she recognizes that there have been positives, too.

The book is now in our library at the PAC and can be borrowed. If you prefer, a copy can be purchased at <https://www.takethatandtakethat.com/>

## A Bit of History: Then & Now

*From our past newsletters....*

**20 years ago:** The *Parkinson's Post* had a tribute to Ken Stone, whose efforts helped establish our chair exercise program. He helped develop a video exercise tape, helped to find instructors and a facility, and purchased chairs. Today we are proud to continue to provide our chair exercise program led by the wonderful Mia Cooper three times weekly at no cost to our members thanks to a grant from the White Elephant.

**10 years ago:** President Carroll Morris quoted Dr. Paul Short, Parkinson's coach. "It can be too easy to see the negatives of PD and miss the pos-

itives your life still holds." Carroll's suggestion to start a gratitude journal is still sound advice today.

**5 years ago:** Cindy White became a director on our support group's board. Today Cindy is chair of our Technology and Innovation Committee. We currently have two openings on the board. The board meets on the 3<sup>rd</sup> Friday of every month. The meetings are hybrid so directors can attend the meetings in person or on Zoom. If you are interested in becoming a board director, contact Sue at [president@gvparkinsons.org](mailto:president@gvparkinsons.org).

## Parkinson's Vocabulary: Hypomimia

*By Charlene Ostlund*

If you are new to Parkinson's, you will be learning a new lingo. I thought I had heard all the terms related to the disease until I came across *hypomimia* in an article written by Christine Scheer meaning the mask-like facial expression common to people with PD.

In the *Parkinson's News Today* article, Christine reminds the reader that the physical act of smiling can make you feel happier. Facial muscles, like other muscles, become stiff without exercis-

ing them. Christine's advice: fake it until you make it.

If you join Online Speak Out! Home Practice, you probably have noticed that the leader, Samantha Elandary, has made smiling part of the sessions.

Read Christine's article online:

<https://parkinsonsnewstoday.com/columns/hypomimia-got-you-down-make-smiling-part-exercise-routine>

## Tax Time

Two ways to reduce your taxes:

- 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**.
- **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.

## Care Partners' Corner:

### Creating a Dementia Journal

by Charlene Ostlund

See the March Parkinson's Post, email edition.

## 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](mailto: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.

Mar: *Remarkably Bright Creatures* by Shelby Van Pelt

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

May: *A Constellation of Vital Phenomena*  
by Anthony Marra

June: *West with Giraffes* by Lynda Rutledge

## Q & A

*What should I do if I move from the area?*

Our winter residents and visitors can continue to participate in our Zoom meetings, classes, and lectures. We also have members that have moved away permanently but asked to stay on our membership list to receive our newsletters.

If your contact information changes for any reason, please let us know by emailing [membership@gvparkinsons.org](mailto:membership@gvparkinsons.org) or calling 520-372-2368. Use the same address/phone number if you wish to be removed from our membership list.

## THANK YOU TO OUR SPONSORS



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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