

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

April 2024

Message from the President



Suzanne Colley
President

April is Parkinson's Awareness Month & Volunteer Appreciation Month. We are planning several special activities to highlight and recognize YOU. So, stay tuned to Char's emails for more details.

April 2nd is AZ Gives Day. Our Support Group is one of over 1000 non-profits that are participating in this state-wide day of giving. Show your support for the Parkinson's Support Group. Go to Arizona Gives, enter the name – Parkinson's Support Group of Green Valley. Our page should appear, and you will be able to donate from there. Our goal is to raise \$1,000. Your donation can help us reach our goal!

April 6th at 9:30 am at Historic Canoa Ranch Lake. Join us for the sheer enjoyment of being together and walking in one of the prettiest spots in the area. Bring your walking poles or not, bring your smiles and your cameras. Let's make it a fun morning.

April 6th 1 – 3:30 pm Jewelry Appraisal and Care Tips. Have special pieces of jewelry you want to know the value of or how to best care for great grandmother's ring? Bring your jewelry to the

PAC and let Judie Gumm & friend provide you with information about your pieces. Judie and her husband Richard are members of the Support Group. You can see her jewelry designs at *Etsy.com*.

Chair Yoga & Chanting. Join us as we quiet our minds, center our thoughts and focus on breathing and stretch our bodies. We have combined chair yoga and chanting into a one hour class on Saturdays at 11 am at the PAC. Cost is \$5.

Annual Meeting & Luncheon is May 3rd. Mark your calendars for Friday, May 3rd. Join us at the Presbyterian Church at 11:45 am. The luncheon is a potluck. There will be sign-up sheets at various events so we can get a number of those planning to attend.

Volunteers Appreciation Month. "Every Moment Matters" is the theme this year. The Independent Business Sector published the dollar value placed on a volunteer's time is now \$31.80/hour. We would not have a Support Group without YOU, the volunteers who make it happen. Your time, talent and energy are what makes this group so special. **THANK YOU FOR ALL YOU DO.**

2023-2024 Lecture Series

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

Friday, April 5 at 2:00 pm

Topic: Parkinson's 101 & the Importance of Support Groups

Presenter: Cynthia Reed, MD, Movement Disorder Neurologist

April is Parkinson's Awareness Month. The topic for this month's lecture is no coincidence. Our speaker, Dr. Cynthia Reed, is a favorite of past lectures. You won't want to miss this final lecture in our current series.

You should attend this lecture if...

- You have Parkinson's.
- You know someone with Parkinson's and want to know more about their condition.
- You want to become increasingly knowledgeable about the disease.

Strive to Know; Know to Thrive



Dr. Cynthia Reed

Did You Miss It?

By Charlene Ostlund

February SACK Class

Pam Wigginton, retired nurse practitioner, explained why medications cost so much. Pam will summarize her talk in a series of articles to appear in future issues of the *Parkinson's Post*.

March Lecture

Clinical Nutritionist Kristi Weber, M.Ed., M.S., shared “nuggets” of knowledge concerning nutrition. She promoted a whole-food, plant-based diet, which has been shown to be most helpful for managing symptoms related to PD including chronic inflammation and oxidative injury, constipation, depression, anxiety, and fatigue.

Following Kristi’s talk, Pam Wigginton distributed a handout listing local resources for healthy food/meals. Extra copies are available at the PAC while they last.

Health Fair

Thank you to those who volunteered at our table at this year’s health fair at GVR’s West Center on March 4th. Cynthia Valencia, one of the organizers, commented that it was their best health fair yet. If you attended and received a copy of the *Green Valley Health Services Directory* (also distributed by *GV News*), be sure to save it until the next one is published next year. It’s handy to have for reference throughout the year.

**READ OUR E-NEWSLETTER
FOR THESE ADDITIONAL ARTICLES
RELATED TO PARKINSON’S:**

Parkinson’s Vocabulary: Anosognosia
By Charlene Ostlund

Davis Phinney Foundation’s
PARKINSON’S CARE PARTNER
TRAINING PROGRAM

Being an advocate or squeaky wheel

Pole Walking Change



Starting in April, pole walking on Tuesdays will be at the Historic Canoa Ranch. On Saturdays it will be at Sahuarita Lake. We will no longer walk the Canoa Hills trail because the hills make it too challenging.

In Memoriam

Mel Hurst is survived by his wife Nancy. His obituary was in the March 13th issue of *GV News*. They have been members since 2021. You may remember Mel from Bingo and our other social events.



April SACK Class

Attend SACK Class on April 16th to learn why oral health is a concern for people with PD. Can you guess? Come and find out if you are right. Class will begin at 1:30 pm at the PAC.

Give Parkinson’s the SACK:

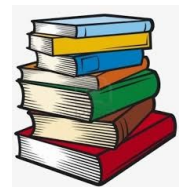
Book List for our Book Club

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.




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



April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30 pm	2 Pole Walking 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm 	3 Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am PD Partners Zoom—1:00 pm Men with PD Zoom—2:30 pm	4 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	5 Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Lecture 2:00 pm	6 Pole Walking 9:30 am Jewelry Appraisal & Care Tips 1:00-3:30 pm	
	7	8 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30 pm	9 Meet & Greet 9:00 am Pole Walking 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm	10 Golfing Exercise Class/Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing* 11:30 am Book Club Zoom—2:30 pm	11 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 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 Yoga & Chanting 11:00 am
14	15 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. Rummikub 1:30 pm	16 Pole Walking 9:30 am Senior Cardio 11:00 am SACK Class 1:30 pm	17 Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Women with PD Men with PD PD Partners FID—1:30 pm	18 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 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 Yoga & Chanting 11:00 am	
21	22 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. Rummikub 1:30 pm	23 Pole Walking 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm Lunch Bunch 1:30 pm	24 Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Women with PD Zoom—3:00 pm	25 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 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 Yoga & Chanting 11:00 am	
28	29 Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. Rummikub 1:30 pm	30 Pole Walking 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm	PARKINSON'S AWARENESS MONTH 				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 Tuesday & Saturday (October—April) Location TBA—9:30 am



Readers' Theater

- Every Thursday—2:15 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

FAMILY TREE OF VINCENT VAN GOGH

His dizzy aunt-----Verti Gogh
 The brother who ate prunes---Gotta Gogh
 The grandfather from Yugoslavia----U Gogh
 His magician uncle-----Where-diddy Gogh
 The constipated uncle-----Can't Gogh
 The ballroom dancing aunt-----Tang Gogh
 The bird lover uncle-----Flamin Gogh
 A sister who loved disco-----Go Gogh
 A little bouncy nephew-----Poe Gogh
 His Mexican cousin-----A Mee Gogh
 I saw you smiling...there ya Gogh

Curt Ackley, Curator

Want To Reach Another Member?

By Charlene Ostlund



Helping our members stay socially connected is one of the three goals of our support group. One way we do this is by providing a list of contact information (phone numbers and/or email addresses) of those members who opt in. Understandably, some choose not to share their personal information. They will not be included on the list.

Members on our email contact list have already had a chance to update their information or opt in for the first time. If you do not receive my daily emails, you can still contact me to be added to this social contact list, which will be shared with other members who have opted in. Call 520.777.4847 and leave a message with your name and phone number. Please repeat your message to ensure that I hear it correctly.

Eating Healthy

An article in the April/May 2023 issue of *Brain & Life* stated that more than half of people with Parkinson's disease (PD) are at risk for malnutrition. Older adults with dementia are at 10 percent higher risk of malnutrition than those without it. These figures were reported by German researchers in *Frontiers in Aging Neuroscience* on March 2018.

PD symptoms can make it harder to prepare and eat nutritious food. Depression and anxiety (often associated with PD) can make food preparation feel overwhelming. Studies indicate that people with PD may need more calories than others because tremors and other involuntary muscle movements (dyskinesia) use energy.

Read the full article at https://www.brainandlife.org/articles/expert-ways-to-avoid-malnutrition?utm_source=email_marketing&utm_medium=email&utm_campaign=health_hlrp_2023-MEDPR-AdSales-Branded-Spotlight-Adamas%20Gocovri-Brain&Life%20June%2015.01-SEND-ASID1240+SeedList&rid=&mkt_tok=NjgxLUZIRS00MjkAAA GMXmGT612-QgAb0b0xt9C8UU-8n4mltwibafSz-BouKLJelNdhNUP7bDkn4KDdmX809McmvNaAJ2ADcJLM8bOTTxIMbuNPHBlvCvPWXATvcFC8_8fxpAzk

Brain & Life is a free magazine for people with neurological diseases and their caregivers. Subscribe at www.brainandlife.org/

Member Pam Wigginton prepared a handout called *Eating Healthy without the Fuss* that she

distributed at the March lecture. Extra copies are available at the PAC. The handout lists numerous resources for healthy food/meals. Thanks, Pam, for compiling this information!

A Bit of History: Then & Now

From our past newsletters....

10 years ago: The support group introduced two new interest groups: journaling and singing. Though both activities are beneficial for people living with Parkinson's, the groups disappeared as interest disappeared.

Today we continue to add new activities and eliminate others that aren't well attended. If you have a favorite activity, be sure to attend so that we don't assume no one is interested.

5 years ago: The *Parkinson's Post* printed an article about the increasing prevalence of Parkinson's around the world. One cause listed in the article was the aging population. Another factor given was the increase of industrialization since the by-products of industry such as certain pesticides, solvents, and heavy metals are associated with PD.

If you are interested in the prevalence of deaths from PD in the world today and how the stats differ between genders, check out the color-coded map at this site: <https://www.worldlifeexpectancy.com/cause-of-death/parkinson-disease/by-country/>

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 Ap-

ropriations 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.



Win a \$25 Culver's Gift Card

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

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

**Congratulations to Jane Bottlinger,
MARCH TRIVIA BRAINIAC WINNER**

Dig Deeper: Nutrition

If our March lecture whet your appetite for more information about nutrition, Stanford's Parkinson's Community Outreach offers downloadable articles, online articles, podcasts/webinars, and books on the subject.

<https://med.stanford.edu/parkinsons/treating-PD/nutrition.html>



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
Jane Bottlinger
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