

# 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

May 2024

## Message from the President



Suzanne Colley  
President

### HAPPY MOTHER'S DAY

to all our female members. Having lost my mother when she was only 66 I know how special Moms are. So give your wife, daughter, female-in-laws, sisters, aunts a call, a

hug or both on their special day. They will appreciate it.

### The Many Faces of Parkinson's Wall Mural

is complete. Stop by during office hours to check it out. Another mural will be going up in the blue room to share more member bios. It is so interesting to learn what folks did before their journey with PD. Thanks to Mary & Larry Westfall for installing the green background for the pictures.



The Many Faces of Parkinson's Mural  
The Parkinson's Activity Center

### AZ Caregivers Coalition Award

The Support Group was honored on April 18<sup>th</sup> with a plaque recognizing our dedication to supporting and helping care partners as they

support their loved one on their Parkinson's journey. The plaque is in the PAC office so stop by and take a look. I am so proud of this organization and all we do.



DAVID Besst Award  
Parkinson's Support Group  
of Green Valley

### JUNE is the Time for Weddings

How did you meet your spouse? Anything special or really humorous about where or when you got married? I know you have some great stories and we



would love to hear them. Do you have any interest in renewing your vows? Let me know.

We are talking about doing a group renewal in June. Send a brief summary of your stories to

[president@gvparkinsons.org](mailto:president@gvparkinsons.org)

## Did You Miss It?

By Charlene Ostlund

### April SACK Class



Dr. Cameron Jeter

Those who attended listened to a short podcast produced by the Parkinson's Foundation called Swallowing Issues and Oral Care with Parkinson's. In the podcast, Dr. Cameron Jeter, associate professor at the University of Texas Health Science Center at

Houston School of Dentistry, described the 4 "Dreaded D's" (dry mouth, drooling, dysphagia, and deadly bacteria). She mentioned research that showed that teeth of people with PD have no more bacteria than those without the disease but the soft tissues of the mouth (tongue, cheeks, etc.) had more bacteria and more varieties of bacteria. The problem with extra bacteria is that when a person aspirates, the bacteria is carried with the bits of food or liquid into the airways and may cause aspiration pneumonia.

The class also discussed barriers (physical and behavioral) to dental health that explain the increased bacteria in the mouths of people with PD and tips for improving dental health. This information is found in the Parkinson's Foundation fact sheet pdf below.

#### TIPS

##### Maintaining and Improving Dental Health

- ✓ Use an electric toothbrush.
- ✓ Try one-handed strategies that allow you to use the stronger side of your body.
- ✓ Try non-alcohol based mouthwashes using chlorhexidine or baking soda.
- ✓ Schedule dental appointments in the morning, about 60-90 minutes after a levodopa dose.
- ✓ Ask to keep the dental chair more upright, to make swallowing easier.
- ✓ Plan several, shorter dentist visits, rather than fewer, longer ones.
- ✓ Get check-ups/cleanings every 3-6 months.
- ✓ If you wear dentures, the dentist should screen for oral cancer and evaluate the fit of the dentures as part of the routine visit.

[https://  
www.parkinson.org/  
library/fact-sheets/  
dental-health](https://www.parkinson.org/library/fact-sheets/dental-health)

[https://  
www.parkinson.org/  
library/podcast/47](https://www.parkinson.org/library/podcast/47)

### April Lecture

As expected, Dr. Reed's talk drew a large crowd. People in the audience often nodded their heads and made eye contact with their partners when something she mentioned struck a chord. There was a lot of information to absorb aurally and visually, so you may want to revisit the lecture and Dr. Reed's slideshow. Follow the link below:

[https://www.youtube.com/watch?v=o5G7Ple\\_a40](https://www.youtube.com/watch?v=o5G7Ple_a40)

When asked, Dr. Reed said that she's not accepting new patients currently, but it doesn't hurt to keep trying. You can contact her at [ReedParkinsonClinic@gmail.com](mailto:ReedParkinsonClinic@gmail.com) or call 520.780.8748.

### May SACK Class

Attend SACK Class on May 21st following Senior Cardio (around 12:15) to learn about a treatment for people experiencing "on/off" where the medication wears off between dosages. A meal will be provided so registration is necessary. Call 520.372.2368. The presenter will be Leslie Martinez from Abbvie (the producer of *Duopa*).





**Give Parkinson's the SACK:  
Strive to Know; Know to Thrive**

### In Memoriam

Rose Edwards is survived by her husband Jerry.



# May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>PARKINSON'S Support Group</b> of Green Valley</p> <p>All highlighted activities take place at The PAC (555 N La Canada Drive, Green Valley)</p>			<b>1</b> 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	<b>2</b> Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>3</b> Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am <b>Annual Meeting &amp; Luncheon NOON</b>	<b>4</b> Yoga & Chanting Ping Pong
<b>5</b> 	<b>6</b> 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	<b>7</b> Senior Cardio 11:00 am PAC 1:00-3:30 pm	<b>8</b> 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	<b>9</b> Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>10</b> Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm	<b>11</b> Yoga & Chanting Ping Pong
<b>12</b> 	<b>13</b> Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. Rummikub 1:30 pm	<b>14</b> Meet & Greet 9:00 am Senior Cardio 11:00 am SACK Class 1:30 pm	<b>15</b> 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	<b>16</b> Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>17</b> Exercise Class/Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing* PAC 1:00-3:30 pm BINGO 1:30 pm	<b>18</b> Yoga & Chanting Ping Pong
<b>19</b>	<b>20</b> Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* Reflexology by appt. Rummikub 1:30 pm	<b>21</b> Senior Cardio 11:00 am PAC 1:00-3:30 pm	<b>22</b> Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Women with PD Zoom—3:00 pm	<b>23</b> Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>24</b> Exercise Class/Video 9:00 am Rock Steady Boxing*	<b>25</b>
<b>26</b>	<b>27</b> Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing* 	<b>28</b> Senior Cardio 11:00 am PAC 1:00-3:30 pm Lunch Bunch 1:30 pm	<b>29</b> Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am	<b>30</b> Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>31</b> Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 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)



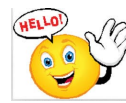
### Lecture Series

- 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 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

- Becoming an adult is the dumbest thing I've ever done.
- If you see me talking to myself, just move along. I'm self-employed. We are having a meeting.
- "Your call is very important to us. Please enjoy this 40 minute flute solo"
- Does anyone else have a plastic bag full of plastic bags, or is it just me?
- I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.

Curt Ackley, Curator

## Hallucinations

Based on an article from the National Library of Medicine

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7116251/>

Hallucinations are common in Parkinson's disease. Over 75% of people with the disease will experience them at some point. Often, they are harmless but can become distressing as the disease progresses. They usually involve seeing people and animals in vivid detail.

While visual hallucinations are most common, auditory, tactile, or olfactory hallucinations are possible and may occur with the visual ones.

Unfortunately, the treatments for motor symptoms can trigger or worsen hallucinations.

The DailyCaring website for caregivers offers ten ways to respond to hallucinations. More details about these ways can be found at the link below.

Determine if a response is needed

2. Stay calm and don't argue or try to convince using logic
3. Validate their feelings and provide reassurance
4. Check the environment and remove possible triggers
5. Offer simple answers and reassurances
6. Look for patterns
7. Distract and redirect
8. Get support to help you cope
9. Talk with the doctor to find out if there are medical causes
10. Contact the doctor immediately if their safety or yours is at risk

[https://dailycaring.com/10-ways-to-respond-to-dementia-hallucinations-in-seniors/?utm\\_source=DailyCaring&utm\\_campaign=89fcf24fd4-dc\\_email\\_2024-01-09&utm\\_medium=email&utm\\_term=0\\_57c250b62e-89fcf24fd4-123685922](https://dailycaring.com/10-ways-to-respond-to-dementia-hallucinations-in-seniors/?utm_source=DailyCaring&utm_campaign=89fcf24fd4-dc_email_2024-01-09&utm_medium=email&utm_term=0_57c250b62e-89fcf24fd4-123685922)

## A Bit of History: Then & Now

*From our past newsletters....*

**20 years ago:** The following was under the heading "Ponderings".

Can't eat beef...mad cow

Can't eat chicken..bird flu

Can't eat eggs...again, bird flu

Can't eat pork...fears that bird flu will infect piggies

Can't eat fish...heavy metals in the waters have poisoned their meat

Can't eat fruits and veggies...insecticides and herbicides

Hmmm! I believe that only leaves chocolate!

More recently we've been told that imported oats and oat products are contaminated with chlormequat Chocolate, anyone?

**15 years ago:** The May Parkinson's Post gave a summary of the September-May season. Two highlights were the printing of a brochure and the creation of our first website.

Today we not only have a better website and an updated brochure but also a folder promoting our support group. If you can help distribute folders to doctor offices and other medical offices, please contact Sue at [president@gvparkinsons.org](mailto:president@gvparkinsons.org).

**10 years ago:** President Carroll Morris handed over the gavel to Bill Hanne, who was relatively new to our support group.

Fortunately, our current president, Sue Colley, has consented to continue in the office for a third year. However, her term will come to an end someday. If you are interested in serving the support group in a leadership role, now is the time to speak up. Use the next 12 months to watch Sue and learn how to lead this dynamic group.

**5 years ago:** The 2019 May issue of *The Post* quoted Sherry Anderson: Volunteers don't get paid, not because they're worthless, but because they're priceless.

Still true today! Thank you to all our volunteers!

## Adult Coloring Pages

By Charlene Ostlund

I remember when the elementary teachers in the school where I taught were told to have the students do less coloring. The administrator obviously didn't understand that coloring relaxes.

Years later, adult coloring became popular for the same reason. What easier way to de-stress? If you haven't tried it, check out the link below for websites with coloring pages to print. Let the child in you play!

[https://dailycaring.com/free-coloring-pages-for-seniors-our-top-5-picks/?utm\\_source=DailyCaring&utm\\_campaign=fcf357c383-dc\\_email\\_2024-03-26&utm\\_medium=email&utm\\_term=0\\_57c250b62e-fcf357c383-123685922](https://dailycaring.com/free-coloring-pages-for-seniors-our-top-5-picks/?utm_source=DailyCaring&utm_campaign=fcf357c383-dc_email_2024-03-26&utm_medium=email&utm_term=0_57c250b62e-fcf357c383-123685922)

## ABCs of PD

April was Parkinson's Awareness Month, but the importance of knowing the disease doesn't end on April 30<sup>th</sup>. How well do you know PD? Try this challenge from the Parkinson's Foundation: For every letter of the alphabet, give a word starting with that letter that describes your experience with Parkinson's. Compare your list with those given on their website:

<https://www.parkinson.org/parkinsons-awareness-month>

## PD in the News

Nearly every new member to our support group tells the same story—looking back, the Parkinson's symptoms were there for years before diagnosis. An article in the February/March issue of *Brain & Life* says that skin biopsies are very accurate in diagnosing PD and can distinguish between PD and other disorders with similar symptoms. This method of diagnosing PD may be widely available soon, which will improve the quality of clinical trials of new treatments.

## 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.

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

June: *West with Giraffes* by Lynda Rutledge



## 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