

# 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

June 2024

### Message from the President



Suzanne Colley  
President

**HAPPY FATHER'S DAY** to all the dads, grandfathers, uncles, and brothers. You have a special place in our hearts. Enjoy your special day.

#### **SPECIAL COUPLES CELEBRATION:**

We want to celebrate you and honor your years together on

Tuesday, June 25<sup>th</sup> from 2-4 pm. Pastor Craig Larson of the Desert Hills Lutheran Church will officiate at this special blessing in the church chapel. A coffee/cake reception will follow in the social hall. If you have a sweet or funny story about your wedding or events leading up to your wedding, please email it to Jane at [activities@gvparkinsons.org](mailto:activities@gvparkinsons.org). She & Pastor Craig want to personalize the blessing for each couple as much as possible. For questions or to confirm your participation, please email Jane at [activities@gvparkinsons.org](mailto:activities@gvparkinsons.org).



**SNOWBIRDS:** We hope you reached your destination safe and sound. Enjoy the cooler weather where you are this summer. Keep in touch and see you later this year.

**SUMMER POTLUCKS:** Mark your calendar for the PAC summer potlucks. The dates are Friday, June 7<sup>th</sup> and Friday, August 2<sup>nd</sup>. There is no potluck in July due to work being done at the PAC. The potlucks will begin at noon so please arrive by 11:45 to find a seat. Bring a dish to pass. Table service and water will be provided.

**SCHEDULED CHANGES:** Please read carefully and be sure to check the daily emails and monthly calendar to confirm activities.

- The PAC will be closed in July. We are having another storage area built to reduce the clutter in the center.
- Senior Cardio is off for the summer.
- Yoga will be offered on Zoom beginning June 8<sup>th</sup>. The new title is Meditation & Movement. Watch for the link in daily emails.
- Meet & Greet Breakfast and the Lunch Bunch will continue throughout the summer.

**HELP WANTED:** We need your help to continue bringing these activities to our members.

- **Lecture/SACK Class Informational Sessions**  
We're looking for one or two people to contact potential speakers to confirm their interest and availability to address our members. Contact Charlene Ostlund at [membership@gvparkinsons.org](mailto:membership@gvparkinsons.org).
- **Parkinson's Awareness Month 2025**  
Contact Debbie Twarogal at 520-225-8217. We are planning events in March and April to spotlight Parkinson's Awareness Month. You can help bring awareness about PD to the community.
- **Activities**  
We're looking for an energetic individual to schedule, setup, and lead various activities at the PAC. It is fun and you get to know the members. Contact Sue at [president@gvparkinsons.org](mailto:president@gvparkinsons.org).
- **Outreach Coordinator**  
This person would oversee the mailing of birthday cards and caring phone calls to members of the group. Contact Charlene Ostlund at [membership@gvparkinsons.org](mailto:membership@gvparkinsons.org) for more information.

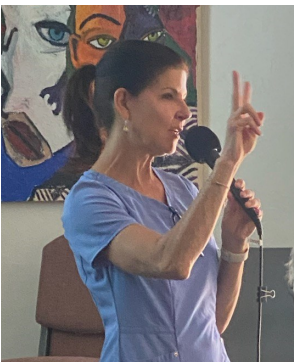
## Did You Miss It?

### Annual Meeting/Spring Luncheon

President Sue Colley led the annual meeting summarizing the past year. The highlight of the year was developing ways to use the Parkinson's Activity Center to help our members give Parkinson's the SAC by staying mentally stimulated, physically active, and socially connected. Various grants made it possible to continue our popular chair exercise class, support the Rock Steady Boxing program with new equipment, do additional marketing to reach those with Parkinson's who don't know about our support group, and add an exercise fee reimbursement program to the existing care assistance program. Donations from our members supported our other programs and paid for the one-time upgrades to the PAC and monthly expenses. Sue's presentation was enthusiastic and spotlighted many of the group's volunteers and supporters. Three cheers for Sue, the Board Directors, and our volunteers for making the Parkinson's Support Group of Green Valley the envy of other groups!

As always, the potluck provided tasty options. The only complaint? We needed more desserts.

### May SACK Class



Leslie Martinez  
AbbVie Pharmaceuticals

Though this class was sponsored by AbbVie, a pharmaceutical company, the presenter, Leslie Martinez's purpose was to educate us. We learned why people with Parkinson's start experiencing "on/off" around five years after diagnosis.

The catered lunch she had ordered failed to come, but she was determined to feed us. No one complained about the substitute lunch of pizza, breadsticks, and brownies.

## June SACK Class

Just as Parkinson's affects the GI tract causing constipation, it also affects the muscles that work with the bladder. When those muscles weaken, incontinence becomes a problem. There is now a treatment for incontinence produced by Medtronic. We will learn about that treatment at our **June 18<sup>th</sup> SACK Class—1:30 pm at the PAC**. The presenter will be Dr. Lauren Rittenberg. Refreshments will be provided. Once again, this will be an in-person presentation. Seating is limited so please register by emailing [membership@gvparkinsons.org](mailto:membership@gvparkinsons.org).

Medtronic 75

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

## Summer Changes

Summer often brings changes to our calendar of events. Winter residents leave and volunteers take vacations. We will attempt to keep you informed with (almost) daily email reminders and our website's calendar. If crowds scare you, this is the time of year to participate with a more intimate group of members.



## In Memoriam



Ray Potsic survived by his wife Phyllis.

Harlan Chapman survived by his wife Fran. Fran has asked that memorials be given to our support group (PO Box 714, Green Valley, AZ 85622).

Both members will be missed, and we extend our sympathy to Phyllis and Fran. Our alumni are encouraged to continue to attend our social events and our group sharing meetings.

# June 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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

1  
Meditation & Movement 9:30 am Zoom

Ping Pong 12:00 pm

2

3

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

4

Ping Pong

PAC 1:00-3:30 pm

5

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

6

Weekly Get Together 9:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

7

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

**Potluck 1:00 pm PAC**

8

Meditation & Movement 9:30 am Zoom

Ping Pong 12:00 pm

9

10

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

11

Ping Pong

Meet & Greet 9:00 am

PAC 1:00-3:30 pm

12

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

13

Weekly Get Together 9:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

14

Exercise Class/Video 9:00 am  
Rock Steady Boxing\*

PAC 1:00-3:30 pm

15

Meditation & Movement 9:30 am Zoom

Ping Pong 12:00 pm

16

**Happy FATHER'S Day**

17

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

18

Ping Pong

PAC 1:00-3:30 pm

SACK Class 1:30 pm

19

Golfing  
Exercise Class/Video 9:00 am  
Rock Steady Boxing\* 11:30 am  
Preparedness Workshop FID—1:30 pm

20

Weekly Get Together 9:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

21

Exercise Class/Video 9:00 am  
Board Meeting 10:30 am  
Rock Steady Boxing\*

PAC 1:00-3:30 pm

BINGO 1:30 pm

22

Meditation & Movement 9:30 am Zoom

Ping Pong 12:00 pm

23/30

24

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

25

Ping Pong

PAC 1:00-3:30 pm

Lunch Bunch 1:30 pm

**COUPLES CELEBRATION 2-4PM**

26

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

27

Weekly Get Together 9:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

29

Exercise Class/Video 9:00 am  
Rock Steady Boxing\*

PAC 1:00-3:30 pm

29

Meditation & Movement 9:30 am Zoom

Ping Pong 12:00 pm

## 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 will send an email to let you know.



### Book List

June: *West with Giraffes* by Lynda Rutledge  
 July: *Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini  
 Aug.: *Apeirogon* by Colum McCann  
 Sept.: *A Fever in the Heartland* by Timothy Egan  
 Oct.: *The Great Divide* by Cristina Henriquez  
 Nov.: *Master, Slave, Husband, Wife* by Ilyon Woo  
 Dec.: *The Women* by Kristin Hannah  
 Jan.: *All the Broken Places* by John Boyce

## DEEP THOUGHTS

WHAT THE AD SAYS	WHAT IT REALLY MEANS
Asking \$16,000, make offer	Someone please give me \$10,000.
\$11,500 firm	Someone please give me \$10,000
\$8,000 firm, no low-ball offers	Short of selling a kidney, I have no means of paying off the \$7,500 balance on the loan on this \$5,000 snowmobile
OBO	Just give me two thirds of what I'm asking, please God.
Ran when I parked it, needs carb work	The 10-year-old gasoline in there has turned to mica.
Needs battery	I don't have \$100 for a new battery, and even if I did, putting in a new battery would only reveal that it won't start
No low ballers	The payoff on the loan is way more than it's worth so I have to get an inflated price

*Curt Ackley, Curator*

SAVE THE DATE!

### COUPLES CELEBRATION

Tuesday, June 25, 2024

2-4 pm

Desert Hills Lutheran Church

2150 S Camino Del Sol

Green Valley 85622

For questions and to make a reservation please email:

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

### 2024-2025 BOARD OF DIRECTORS

Sue Colley (President)  
 Ginger Wait (Treasurer)  
 Bonna Cunningham (Secretary)  
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## THANK YOU TO OUR SPONSORS

