

# Parkinson's Post



Supporting people  
with Parkinson's  
since 1991

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## Message from the President



Photo Credit: Susan & Bryan Lavender

Suzanne Colley  
President

### New Board Members

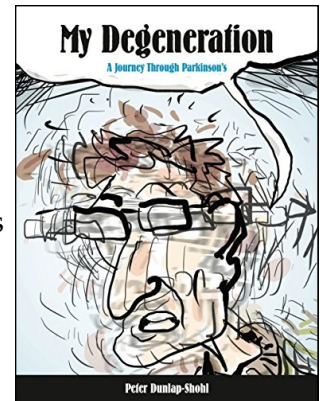
Welcome and congratulations to Barb Rossow and Steve Wells who joined the Board of Directors.

Barb retired from the Army where she served stateside and overseas. She graduated from Officers Candidate School as a Second Lieutenant, Ordnance Corps. Her second career was in education where she taught elementary, middle school, was a principal and university professor and a student teacher supervisor. She splits her time between Green Valley and San Carlos, Mexico. Barb is currently a PAC monitor.

Steve has over 30 years' experience as a business analyst for a variety of companies. His skills helped companies bridge the gap between production and management. He has led teams, trained personnel, developed and implemented various programs. He is currently the host at chair exercise and collects the Activities Data Manager for the Support Group.

### Book Review

Bonnie and Al Gore are recommending a book entitled *My Degeneration: A Journey through Parkinson's* by Peter Dunlap-Shohl. Dunlap-Shohl was diagnosed with Parkinson's at 43. When his career as a cartoonist was impacted by his PD he learned how to use computer graphics to write his stories. This graphic novel tracks his journey through depression, the worsening symptoms of the disease, juggling medications and their side effects and the impact on relations with family and the community, and a raft of mental and physical changes wrought by the disease.



Bonnie and Al liked the book so much they bought their own copy to share with their family. It only takes about an hour to read. The book is in our Resource Library.

### August SACK Class

Because the PAC will be closed in July, the next class will be August 20<sup>th</sup>. Our guest speaker at that class will be Charlotte Holiday, MBA, from the Arizona Caregivers' Coalition.



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

### In Memoriam

Arlen Uusitalo survived by his wife Cate McDonald. Longtime members will remember Arlen and Cate attending our social events. Arlen also attended the Parkinson's speech group at La Posada before the pandemic.



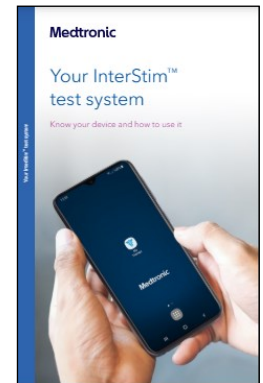
## Did You Miss It?

### June SACK Class

Dr. Lauren Rittenberg, DO (urology) spoke about treatments for incontinence. When conventional methods fail, sacral neuromodulation therapy with Medtronic's InterStim system might be the answer. The system has been available for many years and can be used to treat bladder or bowel incontinence.

Dr. Rittenberg is part of the Carondelet Medical Group. 520-777-2277

Learn more about the device at [Medtronic.com/bladder](http://Medtronic.com/bladder).



### June FID Meeting

Member Val Kiesel shared what a person needs to do to be prepared for any kind of emergency. Her presentation included show-and-tell as well as a stack of documents that she volunteered to copy for those interested.

## Volunteering Gives Purpose

**Meet our 4 new volunteers:** Jo Legat, Barb Rossow, Peggy Rowley, and Steve Wells. Barb and Steve are now Directors on our Board. Barb lives here part-time. (Would you believe June-September? That alone makes her unique!) Steve already volunteers for our support group in various ways, as you know if you attend our chair exercise class. Neither Jo nor Peggy lives in Green Valley — one lives north in Sahuarita and the other south in a rural area. Yet, they will be working together to revitalize our Outreach Program including Caring Calls. Peggy said, “We are fairly isolated out here in the country and have been unable to interact very much at the PAC. If there is any way a little note or a phone call can send a positive vibe to a PD patient or a caregiver, I’m happy to do it.” All four live with Parkinson’s either as a person with the disease or as a care partner. The point is that all four have found a way to volunteer/to serve the support group regardless of their situations.



In the April/May issue of *AARP the Magazine*, there was an article called “The Deep Need to Live a Life of Purpose.” The article mentioned the Japanese word *ikigai*, which means making our life worthwhile—living in a way that provides pleasure for you and value to those around you. Volunteering is a great way to achieve this.

To help you in this endeavor, we are working on developing a volunteer bank where we will keep a list of our members who are looking for a way to contribute to our support group by volunteering and a list of opportunities to volunteer. You can deposit your name in the bank so that our Board and Committee Chairs can reach out to you when help is needed, or you can search for a particular job that interests you and find the contact information to volunteer. Read more about the Volunteer Bank next month.

Steve put it this way, “Volunteering benefits the support group and benefits me. That seems like a pretty good definition of a win-win.”

# July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>1</b></p> <p>Exercise Class/Video 9:00 am</p> <p>Coffee at McDonald's 10:00 am</p> <p>Rock Steady Boxing*</p>	<p><b>2</b></p>	<p><b>3</b></p> <p>Golfing</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing* 11:30 am</p> <p>PD Partners Zoom—1:00 pm</p> <p>Men with PD Zoom—2:30 pm</p>	<p><b>4</b></p> 	<p><b>5</b></p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing* 11:30 am</p>	<p><b>6</b></p>
<p><b>7</b></p>	<p><b>8</b></p> <p>Exercise Class/Video 9:00 am</p> <p>Coffee at McDonald's 10:00 am</p> <p>Rock Steady Boxing*</p>	<p><b>9</b></p> <p>Meet &amp; Greet 9:00 am</p>	<p><b>10</b></p> <p>Golfing</p> <p>Exercise Class/Video 9:00 am</p> <p>Women with PD Zoom—10:30 am</p> <p>Rock Steady Boxing* 11:30 am</p> <p>Book Club Zoom—2:30 pm</p>	<p><b>11</b></p> <p>Weekly Get Together 9:00 am</p> <p>Readers Theater 2:15 pm</p> <p>Loud Crowd 3:30 pm</p>	<p><b>12</b></p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing*</p>	<p><b>13</b></p>
<p><b>14</b></p>	<p><b>15</b></p> <p>Exercise Class/Video 9:00 am</p> <p>Coffee at McDonald's 10:00 am</p> <p>Rock Steady Boxing*</p>	<p><b>16</b></p>	<p><b>17</b></p> <p>Golfing</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing* 11:30 am</p> <p>PD Partners, Women with PD, Men with PD FID—1:30 pm</p>	<p><b>18</b></p> <p>Weekly Get Together 9:00 am</p> <p>Readers Theater 2:15 pm</p> <p>Loud Crowd 3:30 pm</p>	<p><b>19</b></p> <p>Exercise Class/Video 9:00 am</p> <p>Board Meeting 10:30 am</p> <p>Rock Steady Boxing*</p>	<p><b>20</b></p>
<p><b>21</b></p>	<p><b>22</b></p> <p>Exercise Class/Video 9:00 am</p> <p>Coffee at McDonald's 10:00 am</p> <p>Rock Steady Boxing*</p>	<p><b>23</b></p> <p>Lunch Bunch 1:00 pm</p>	<p><b>24</b></p> <p>Golfing</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing* 11:30 am</p> <p>Women with PD Zoom—3:00 pm</p>	<p><b>25</b></p> <p>Weekly Get Together 9:00 am</p> <p>Readers Theater 2:15 pm</p> <p>Loud Crowd 3:30 pm</p>	<p><b>26</b></p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing*</p>	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b></p> <p>Exercise Class/Video 9:00 am</p> <p>Coffee at McDonald's 10:00 am</p> <p>Rock Steady Boxing*</p>	<p><b>30</b></p>	<p><b>31</b></p> <p>Golfing</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing* 11:30 am</p>			

## DEEP THOUGHTS

### 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

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

Turns out the  
success rate of  
the phrase  
"Don't take this  
the wrong way"  
is 0%

*Curt Ackley, Curator*

### Special Couples Celebration

On Tuesday, June 25th from 2-4 pm, a celebration was held in the chapel at Desert Hills Lutheran Church to honor couples from our support group. Pastor Craig Larson officiated as we heard stories of how couples came to be. There were no ordinary stories of how people met, the proposals, places where weddings took place, and related humorous events.

Making the afternoon special to share these experiences were John and Linda Goulet, Val and Bob Kiesel, Bruce and Gwen Dean, and Steve Wells and Anita von Oppenfeld. Carl and Sarah Warnes couldn't attend, but sent their special story.

Jane Bottlinger met with Mary McNichols and Pastor Craig to plan the event. Special music was added including *Unforgettable*, *Love Will Keep Us Together*, and *All You Need Is Love*.

For photos of the event,  
go to <https://gvparkinsons.org/photo-gallery/>

#### 2024-2025 BOARD OF DIRECTORS

Sue Colley (President)  
Ginger Wait (Treasurer)  
Bonna Cunningham (Secretary)  
John Goulet, Ed Greenberg, Ken Peters,  
Barbara Rossow, Tom Shoenhard, Debbie Twarogal,  
Stevan Wells, Cindy White

### THANK YOU TO OUR SPONSORS

