

Parkinson's Post



Supporting people
with Parkinson's
since 1991

August 2024 • Inside this Issue

- Benefits of Volunteering — page 2
- Calendar of Events — page 3
- Couples Celebration — page 4

PAC Reopens August 5th

Often something isn't fully appreciated until it's gone. It didn't take long after the Parkinson's Activity Center (PAC) opened a year ago for our calendar to fill with activities and events held there. Perhaps we were already taking the space for granted when it closed last month for upgrades.

Below are the plans for the upgrades expected to be completed by August 9th.

1. Additional Enclosed Storage

- o **Storage Solutions:** Construction of new enclosed storage areas specifically designed for tables and chairs to keep the space organized and efficient.

2. Accessible Door Installation

3. Audio and Video System Improvements

- o **Consultant Recommendations:** Implementing improvements based on the advice of audio and video consultants to enhance system performance.

- o **Cabling Installation:** Installing high-quality audio and video cabling to ensure robust connectivity, including a computer at the speaker

podium.

- o **Wall-Mounted Speakers:** Installing wall-mounted amplified speakers to improve sound distribution throughout the center.

- o **Camera Installation:** Installing a wall-mounted video camera covering the seating area of both rooms.

- o **Electrical System:** Install electrical outlets and switches to power A/V equipment.

- o **Improved Microphone Placement:** Boom mic stand with digital/analog capabilities.

- o **System Training and Reliability**

- o **Staff Training:** Providing comprehensive training on the new system to ensure staff members are proficient in its use.

- o **System Reliability:** The upgraded system will offer reliable and versatile service for years.

Budget

Detailed budget estimates and allocation for each upgrade aspect to be reviewed and approved by the finance committee.

SACK Class

SACK Class returns on August 20th at 1:30 pm. Charlotte Holiday, MBA, will introduce our members to the Arizona Caregivers' Coalition. No one organization—including our support group—can provide all the services needed by people living with Parkinson's. That is why we strive to keep you informed about other resources. Though this talk is aimed at care partners, their loved ones with PD may be interested and are welcome to attend. Register by emailing

membership@gvparkinsons.org or calling

520-372-2368. Please give the names of those planning to attend.

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



FRIDAY, AUGUST 9TH
NOON at The PAC

Bring a dish to pass.
Table service and water
are provided.

Benefits of Volunteering

By Steve Wells

I am volunteering for the support group for two reasons. The first and most obvious reason is that the support group always needs additional volunteers. It is an all-volunteer organization that has no paid staff of any kind. Consequently, the only way that anything can get done is if a person or group of people decide to step up, volunteer, and take responsibility for making it happen.

All-volunteer organizations are, by their very nature, inherently fragile groups. They are entirely dependent on volunteers to maintain their existence. And a single set of volunteers is insufficient. There must be a continuing flow of new volunteers, able to augment or step in for current ones as the need arises. If that flow of new volunteers is interrupted for any length of time or - God forbid - stops, the group can become stagnant and start to wither within a distressingly short period of time. This is true even for an organization such as this support group, which has an exceptional group of current volunteers, has been in existence for 30-plus years, is stable, and has an enviable record of growth.



I have been involved with the support group since I moved to Green Valley full-time about 18 months ago. I participate in a number of the group's activities on a regular basis. Therefore, it is my obligation to step-up, volunteer, and give something back to the group, which will benefit it now and in the future. And it is important to do this sooner rather than later. I think of it as paying it forward.

The second, not so obvious but perhaps more important, reason I volunteer is because of the benefit it gives me. As we all know, Parkinson's is an annoying, aggravating, infuriating, depressing - and progressive - disease. This is true whether you are a PWP or a care partner. I don't know about others, but I find it far too easy for my thoughts to become engulfed by it. Volunteering forces me to take a wider perspective. As I have told several people, it forces me to spend less time inside my head, and more time thinking about others.

So, there it is. Volunteering benefits the support group and benefits me. That seems like a pretty good definition of a win-win.

In Memoriam

Pamela Butler is survived by husband Frederick. Pamela became a member of our support group last year.

Jim Bottlinger is survived by wife Jane. Jim joined our group in 2021. Though he hasn't attended recently, you may remember him from our Thursday gatherings at Posada Java and our Meet & Greet Breakfasts. Memorials in memory of Jim can be made to our support group. Address: Parkinson's Support Group, PO Box 714, Green Valley, AZ 85622.

Pam Wigginton has been a member since 2018. She was active in the Women with PD group. She also volunteered for our group in several ways including serving on our Program Committee and leading our SACK Class on the cost of prescriptions.

James Gibson became a member just last year. He is survived by his wife Vivian.

We extend our sympathy to the family and friends of Pamela, Jim, Pam, and James.

August 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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

1 Weekly Get Together 9:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

2 Exercise Class/Video 9:00 am

Rock Steady Boxing* 11:30 am

3 Meditation & Movement 9:30 am Zoom

4

5 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

6

Senior Cardio 11:00 am

Ping Pong

PAC 1:00-3:30 pm

7 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

8 Weekly Get Together 9:00 am

Senior Cardio 11:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

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

Potluck at noon PAC

10 Meditation & Movement 9:30 am Zoom

11

12 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

13

Meet & Greet 9:00 am

Senior Cardio 11:00 am

Ping Pong

PAC 1:00-3:30 pm

14 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

15 Weekly Get Together 9:00 am

Senior Cardio 11:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

16 Exercise Class/Video 9:00 am

Board Meeting 10:30 am
Rock Steady Boxing*

PAC 1:00-3:30 pm

BINGO 1:30 pm

17 Meditation & Movement 9:30 am Zoom

18

19 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

20

Senior Cardio 11:00 am

SACK Class 1:30 pm

Ping Pong

PAC 1:00-3:30 pm

21 Golfing
Exercise Class/Video 9:00 am
Rock Steady Boxing* 11:30 am
PD Paetners, Women with PD, Men with PD FID—1:30 pm

22 Weekly Get Together 9:00 am

Senior Cardio 11:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

23 Exercise Class/Video 9:00 am

Rock Steady Boxing*

PAC 1:00-3:30 pm

24 Meditation & Movement 9:30 am Zoom

25

26 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

27

Lunch Bunch 1:00 pm

Senior Cardio 11:00 am

Ping Pong

PAC 1:00-3:30 pm

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

29 Weekly Get Together 9:00 am

Senior Cardio 11:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

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

PAC 1:00-3:30 pm

31 Meditation & Movement 9:30 am Zoom

Book List for our Book Club

Book Club did not meet in July, so the books on our list have been moved back a month. All members are welcome to join our Zoom meetings on the 2nd Wednesday of each month.



Aug.: *Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini

Sept.: *Apeirogon* by Colum McCann

Oct.: *A Fever in the Heartland* by Timothy Egan

Nov.: *The Great Divide* by Cristina Henriquez

Dec.: *Master, Slave, Husband, Wife* by Ilyon Woo

Jan.: *The Women* by Kristin Hannah

Feb.: *All the Broken Places* by John Boyce

New Director's Thoughts

By Barb Rossow



The GV Parkinson's group brings me joy, pleasure and purpose which I had little of when first diagnosed with the disease. Everyone involved provides smiles, quality interaction and sharing of personal experiences and information gathered over their time with PD. I have gained confidence that I'd lost!

The exercise class held three times weekly is my lifesaver! Attending the various social functions allows an additional opportunity to meet the many caregivers and friends involved with a PD individual. This really helps raise my level of confidence and hope.

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Special Couples Celebration

By Jane Bottlinger

On Tuesday, June 25th a celebration was held in the chapel at Desert Hills Lutheran Church (DHLC) 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, proposals, wedding locations, 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 in their special story. Jane Bottlinger met with Mary McNichols and Pastor Craig to plan the event. Special music included, *Unforgettable*, *Love Will Keep Us Together*, and *All You Need Is Love*.

A casual reception was held in the fellowship hall with cake and coffee supplied by the church.

Thank you to DHLC for hosting the event for us.



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