

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

September 2024

Message from the President



Suzanne Colley
President

Can you feel it? Fall is coming and none too soon. It may be wishful thinking on my part, but I do enjoy fall weather.

Stop by the PAC and see the improvements. We have installed an automatic door opener which makes access so

much easier and a new storage area for chairs and tables. John Goulet has been busy streamlining the audio visual equipment in preparation for the Fall SACK Classes.

September also brings new activities to the PAC. Put Tuesday afternoons on your calendar and come play a new game. Nancy Hurst is introducing members to these two opportunities for fun and laughter.

Chicken-Foot Dominoes is similar to Mexican Train but easier. Players use the dominoes to make "chicken feet" and our set even has a little

rubber chicken which adds to the fun. The objective of the game is to have the lowest score by the end of each round.

Quiddler is a card and word game rolled into one. It uses aspects of Scrabble and gin rummy. The goal is to arrange all the cards in your hand into one or more words. The number of cards dealt increases with each round. Put on your thinking caps and try your hand at Quiddler.

Nancy says her third graders really enjoyed this game. Are we smarter than a third grader?

Friday will see Barb Rossow leading **Pool Noodle Hockey** or **Bingo**. Pool Noodle Hockey was introduced when we first opened the PAC and Barb is willing to get the competition going again.

It is played while seated so no fear of falling. We have plenty of pool noodles so dive in and have some fun.



Chicken-Foot Dominoes at the PAC

SACK Class

Tuesday, September 17



There are many in-home care agencies. Mark Goldstein represents Senior Helpers, which is unique because it has a specialized training program for their caregivers. The training was designed in conjunction with experts from the

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

Parkinson's Foundation's Centers of Excellence. It was created so that their caregivers would have the training and education necessary to care for people with Parkinson's disease. Register to attend this in-person presentation at the PAC by emailing membership@gvparkinsons.org.

EMERGENCY PREPAREDNESS

by Valerie Kiesel

What is preparing for an emergency?

- Ready for power outage or monsoon storms
- Will prepared
- Caregiver back-up plan
- All of the above

Obviously “Emergency Preparedness” means different things to different people so to simplify it for our purposes we’ll call it Advance Readiness.

The most obvious are those weather or human dangers in which we want to take steps to ensure we and our pets are safe before, during and after the emergency. We’re talking here about power outages, extreme heat, flash floods, thunderstorms, dust storms, tornadoes, wildfires, home fires or any situation that will make it difficult for us to live our daily lives.

In these categories, preparation saves lives and reduces fears and might be as simple as running through scenarios with your spouse or loved one, e.g., if “a” happens we should do “b.” The 5 P’s of preparation are:

- 1) People,
- 2) Pets,
- 3) Prescriptions,
- 4) Phones, and
- 5) Personal Computers/tablets.

Have a plan and communicate it to the people in your life instead of keeping it in your head.

Item b) above is having your will prepared. That’s the bare minimum of personal preparedness. This category also includes having all your important documents in one location (that has been shared with your executor or next of kin). Additionally, legal paperwork should contain at a minimum a living will, a healthcare power of attorney, a financial power of attorney and an Advanced Care Directive (what life saving efforts should be made on your behalf). There’s more but I don’t want to overwhelm you in this, my first article on the subject.



Then there’s the Caregiver Action Plan. If your spouse or partner were suddenly incapacitated by serious illness or in an accident could someone walk in the door and know your routine? What are all your medical conditions and symptoms, what meds are you taking and when, who are your doctors and pharmacist? What allergies or mental health concerns are there? What is the PWP personal daily routine? Who pays the bills? Pet care routine (feeding, etc.)? Bob knows some of what I do, but like many caregivers, I am guessing that a lot of what I do is “behind the scenes” and so he wouldn’t know it hadn’t been done until after the fact. Writing it all down gives us both peace of mind.

And really isn’t peace of mind what it’s all about?

AUGUST 9TH POTLUCK Parkinson’s Activity Center



September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 	3 Senior Cardio 11:00 am PAC 1:00-3:30 pm	4 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	5 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	6 Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am PAC 1:00-3:30 pm Noodle Hockey 1:30 pm	7 Meditation & Movement 9:30 am Zoom	
8	9 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30- pm	10 Meet & Greet 9:00 am Senior Cardio 11:00 am PAC 1:00-3:30 pm Chicken Foot Dominoes 1:30 pm	11 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	12 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	13 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm BINGO 1:30 pm	14 Meditation & Movement 9:30 am Zoom	
15	16 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30- pm	17 Senior Cardio 11:00 am PAC 1:00-3:30 pm SACK Class 1:30 pm	18 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	19 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	20 Exercise Class/Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing* PAC 1:00-3:30 pm Noodle Hockey 1:30 pm	21 Meditation & Movement 9:30 am Zoom	
22	23 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30- pm	24 Senior Cardio 11:00 am Lunch Bunch 12:15 pm PAC 1:00-3:30 pm Fun & Games 2:00 pm	25 Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Women with PD Zoom—3:00 pm	26 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	27 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm BINGO 1:30 pm	28 Meditation & Movement 9:30 am Zoom	
29	30 Exercise Class/Video 9:00 am Rock Steady Boxing* PAC 1:00-3:30 pm Rummikub 1:30- pm	 <p>PARKINSON'S Support Group of Green Valley</p> <p>Go to www.parkinsons.org for more information</p>					<p>All highlighted activities take place at The PAC (555 N La Canada Drive, Green Valley)</p> <p>*Activity available to our members that is beneficial for PWP's. May have a fee associated with the activity.</p>

Caring Calls

Three things are continually stressed to people with Parkinson's and their partners and supporting friends: Stay Mentally Stimulated, Physically Active and Socially Connected.

Staying socially connected may be a larger part of the puzzle than you realize. Humans are hard wired to be helpful and social.

Your brain may say: We once were that way, but now with my Parkinson's disease (PD) or my PD Partner, I don't feel like it anymore, or I'm so busy caring for my partner there is no me-time for anything.

At the Parkinson's Support Group of Green Valley, we have a simple outreach program called Caring Calls. It has been scientifically proven that a 30 second phone call, maybe even a text, can do wonders for the caller and the called. Relating to people, even in a small way, makes us stronger, more comfortable and more self-assured. When we connect with others we become collectively better internally and externally.

We are trying to revitalize the Caring Calls program, and we need your help. Please email or

text: to tell us if you ever received a Caring Call. Did it help you or lift your spirits? Do you want to receive more calls? Would it be a bother to receive a call? As the person calling and reaching out to other members of the support group, did you find it fulfilling?

We have two members who have offered to spearhead the "New Caring Call" outreach program, Jo Legat (PD Patient) and Peggy Rowley (PD Partner). And they need to hear from you! We need some input to the above questions, and we need you to join them as a Caring Caller. We will only give you 5-10 names, per month or every other month, and ask you to reach out to these folks. Jo and Peggy will follow

up with you each month to see how it went. We can even share uplifting stories in the monthly newsletter or in Charlene's morning emails.

To send your feedback, please email or text Charlene at membership@gvparkinsons.org and Jo and Peggy will get back to you! Remember, social isolation is a growing concern in the general population, but especially for families living with a chronic illness such as PD.



They may be smart, but you can still use them for calling.



Sign up today to receive Caring Calls!

520-372-2368
supportgroup@gvparkinsons.org

Golf at the Country Club

Join Ron Fuller on Wednesday to play golf at the Country Club of Green Valley (77 E. Paseo De Golf, Green Valley). Cost is \$25 for THE MONTH. That is right, you can play 9 holes each Wednesday for just \$25 for the month. Contact Ron at 253-368-3378. Be sure to thank the Country Club for their continued support.



Meet the People Behind the Names

By Larry Westfall

Those of you who visit the PAC have likely enjoyed the member pictures and snapshots of member lives posted on our walls. They have provided us a small insight into the rich and varied lives our members have experienced.

Building on this successful endeavor, we are going to try something a bit more detailed. We will be contacting some of you and with your approval conducting a short interview in order to share, in a few short paragraphs, some of your life story in our monthly newsletter. If

Hans Magden



Hans Magden
at Rock Steady Boxing

Hans, or B.S. as he is known in Rock Steady Boxing Class, was born in 1951 and spent his early childhood in California. He and his three brothers moved with their parents to a ranch in Eastern Oregon when he was sixteen. Hans was involved in wrestling

and later coached wrestling at Oregon State University and trained his son, who went on to coach an Olympic wrestler. Aside from wrestling, Hans acquired an early liking for running.

Hans received his Veterinary Medicine Degree from Washington State University in 1976. He and his wife then opened their first medical practice in Prineville, Oregon. Four years later they sold this practice and moved to John Day, Oregon. Their veterinary clinic at John Day served a wide range of animals. Hans became known for his surgical expertise and unique ability to communicate with horses.

In 2003 Hans began dating his current lifetime partner, Christy Rheu. They lived on a 164-acre property near John Day until moving to Green

Valley in 2020. you are interested in volunteering to be interviewed you may contact Larry Westfall by phone at 830-370-5919. As part of each interview we hope to secure your personal experience with Parkinson's and any thoughts and suggestions you want to share to help others in their understanding of and coping with the disease.

We intend to feature, together with pictures, one of these stories in each monthly newsletter. Here is our first:

Valley in 2020.

It was not until a motorcycle accident in 2005 left Hans unable to feed or dress himself that he was diagnosed with Parkinson's Disease. Other people observed symptoms of Parkinson's earlier than that, but following the accident his symptoms magnified. By 2009 he was unable to perform many day-to-day personal tasks and essentially became chair-bound. He attributes recovery from that state to having a more normal life by achieving a balance between prescription drugs, medical use of marijuana, meditation, diet, and exercise. He believes that strong will and determination are key elements of managing Parkinson's.

Hans has been a continuous participant in Rock Steady Boxing since it was first introduced by our Parkinson's Support Group. He and Christy spend much of their time outdoors and take frequent road trips in their van to remote camping areas. Hans is an artist and paints in the early morning hours when others are asleep. You may have noticed some of his paintings displayed on the walls at the PAC recently. Hans and Christy also enjoy spending time with their grandchildren. Their mutual philosophy is to live each day like it is your last and always keep moving!

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.

- September: *Apeirogon*
by Colum McCann
- October: *A Fever in the Heartland*
by Timothy Egan
- November: *The Great Divide*
by Cristina Henriquez
- December: *Master, Slave, Husband, Wife*
by Ilyon Woo
- January: *The Women*
by Kristin Hannah
- February: *All the Broken Places*
by John Boyce
- March: *The Measure* by Nikki Erlick
- April: *Tom Lake*
by Ann Patchett

DEEP THOUGHTS

TEN COMMANDMENTS FOR SENIORS

1. Talk to yourself. There are times when you need expert advice.
2. "In style" are the clothes that still fit.
3. You don't need anger management. You need people to stop irritating you.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is: "I don't need to write that down. I'll remember it."
6. "On time" is when you get there.
7. You've noticed people your age are much older than you.
8. Ageing has slowed you down, but it hasn't shut you up.
9. You still haven't learned to act your age and I hope you never will.
10. "One for the road" means peeing before you leave the house.

Curt Ackley, Curator

THANK YOU TO OUR SPONSORS



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Parkinson's Post Publication

Thanks to these volunteers who made this publication possible.

Curt Ackley	Charlene Ostlund
Sue Colley	Larry Westfall
Bonna Cunningham	Lucinda White
Valerie Kiesel	



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