

# 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

November 2024

## Message from the President



Suzanne Colley  
President

As we enter the holiday season, it is a good time to update you on the **Qualified Charitable Organization AZ Tax Credit**. If you file taxes in Arizona, you are eligible for this tax credit.

This year an individual can receive a credit of \$470 for a donation of a like amount to a qualified organization.

For a married couple filing jointly the credit maximum is \$938. The Parkinson's Support Group's QCO code # is 22119.

Join us on Saturday, November 2<sup>nd</sup> from 9 to noon at Udall Park in Tucson for **Parkinson's Moving Day**. There are demonstrations, vendors and the walk around the park. Hope to see you there.

The Support Group will have a table at the annual **Boomer Fair** on Tuesday, November 5<sup>th</sup> from 9 – 1 held at the Desert Hills Lutheran Church. This event has free food, health screening and lots of freebies. Stop by and visit our table.

The **Holiday Luncheon** is Thursday, December 5<sup>th</sup> at Valley Presbyterian Church. Meat, table service and beverage are provided. Please bring a dish to pass. Lunch starts at noon. Reader's

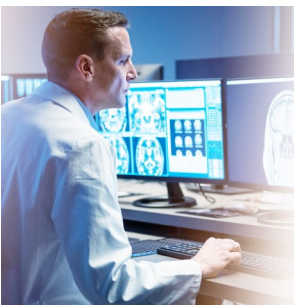
Theater participants will present a holiday themed skit and members of the Chair Exercise class will demonstrate a "chair dancing" routine. There will be sign-up sheets at various events so we can plan accordingly.

We all know everyone is busy and life (or PD) can get in the way – members volunteer their time to plan and bring fun and interesting activities for you to enjoy. It is disheartening for the volunteers when only a few or no one shows up. Please participate in activities held at the PAC. If you have ideas for other activities that we could try, let us know. Send your ideas and/or feedback to [president@gvparkinsons.org](mailto:president@gvparkinsons.org)



Chair Exercise Class wearing new Parkinson's Support Group shirts donated by Ed and Marsha Greenberg

## SACK Class



Tuesday, November 19  
Videos

Topics:  
Importance of Biomarkers  
& Pick Your Topic

Give Parkinson's the SACK:  
Becoming increasingly Knowledgeable

## Coming in January!

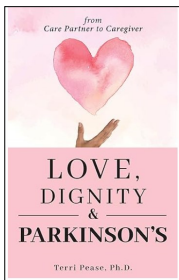
After losing his daughter, a character in the book *Apeirogon* by Colum McCann said, "Being with you and not being with you is the only way I have to measure time." Losing a loved one is that life altering.

For those in our support group who have lost their spouse/partner, whether a person with PD or a past care partner, we're forming a new group called **SOLO (Surviving Our Loved Ones)**. Look for more information in the December and January newsletters.

## Dear Care Partners,

Parkinson's is said to have five stages. Go to <https://www.parkinson.org/understanding-parkinsons/what-is-parkinsons/stages> to read about the stages. Your journey as care partner will also have stages reflecting the stages your loved one experiences.

Not all people with Parkinson's advance through all the stages. My advice is to assume that your loved one will do so. Start conversations immediately after diagnosis while it's still possible to make the journey easier.



It may feel as if PD is a third person living in your home. Terry Pease, PhD, past caregiver for her husband and author of *Love, Dignity, and Parkinson's: From Care Partner to Caregiver*, suggests that Parkinson's brings two entities into the home: thief and liar. The losses experienced during the Parkinson's journey can be

blamed on the thief. The liar distorts reality making the person with PD think he/she can do the things they always did. Terry describes a time when she found her husband with PD in the middle of the night standing on the top of a step ladder working on a ceiling fan.

Terry says that two things need to happen to

save the relationship between the person with PD (PWP) and the partner. The PWP must give the partner permission to care for him. The care partner must trust that the PWP is doing the best that they can, even when their actions don't make sense.

You can watch the talk that Terry gave at the Parkinson Association of Northern California (PANC) conference. Her talk starts at 56:40 into the video.

<https://www.youtube.com/watch?v=iCP84jMKmJI>

For a summary of her book, go to <https://www.brainsupportnetwork.org/love-dignity-and-parkinsons-from-care-partner-to-caregiver-book-review/>

Bless you on your PD journey,  
*Charlene Ostlund*

## Enroll in the Bank



Outsiders ask, "How does your support group offer so much?" The answer is our volunteers. We can only do as much as our volunteers contribute in time and energy.

The need for workers often pops up, and we have members who want to help. The challenge is matching the needs to those willing members. That's how the idea to create a volunteer bank came about.

Here's how it works. You deposit your name and skills (desire to serve counts). When there is a need for a volunteer, our board or committee chairs will check the list or send out a plea to those in the volunteer bank. The volunteers can then respond if the job is one they can do.

Our account is empty until you sign up. Whether you are a new volunteer or someone who wants to do more, email

[membership@gvparkinsons.org](mailto:membership@gvparkinsons.org) or call 520-372-2368 to enroll. Give your name and say that you want to be put in the bank.

The Salvation Army Green Valley Service Center

# Thanksgiving Luncheon

Thursday, Nov. 28, 2024  
12-2 p.m.

Green Valley West Center  
1111 S. GVR Drive in Green Valley

**All are invited!**

To RSVP:  
Call 520-625-3888 by Nov. 15.

Deliveries available for homebound seniors. One plate per person. No takeout available.

 Green Valley Service Center  
555 N. La Canada Dr., Suite 101  
Green Valley, AZ 85614

Open Monday-Thursday  
8 a.m.-12 p.m. & 1-4:30 p.m.

# November 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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

Go to [www.parkinsons.org](http://www.parkinsons.org)  
for more information

1 Exercise Class/Video 9:00 am  
Rock Steady Boxing  
PAC 1:00-3:30 pm  
Noodle Hockey 1:30 pm

2 Moving Day 9 am—noon  
Reid Park Tucson



3

4 Exercise Class/Video 9:00 am  
Rock Steady Boxing  
PAC 1:00-3:30 pm  
Rummikub 1:30- pm

5   
KGVV Boomer Fair 9 am—1 pm  
Senior Cardio 11:00 am  
PAC 1:00-3:30 pm

6 Golfing  
Exercise Class/Video 9:00 am  
Let's Just Dance 11:00 am  
Rock Steady Boxing 11:30 am

7 Weekly Get Together 9:00 am  
Senior Cardio 11:00 am  
Readers Theater 2:15 pm  
Loud Crowd 3:30 pm

8 Exercise Class/Video 9:00 am  
Rock Steady Boxing  
PAC 1:00-3:30 pm  
BINGO 1:30 pm

9 Meditation & Movement 9:30 am Zoom  
Pole Walking Sahuarita Lake

10

11 Exercise Class/Video 9:00 am  
Rock Steady Boxing  
PAC 1:00-3:30 pm  
Rummikub 1:30- pm

12 Meet & Greet 9:00 am  
Senior Cardio 11:00 am  
PAC 1:00-3:30 pm  
Chicken Foot Dominoes 1:30 pm

13 Golfing  
Exercise Class/Video 9:00 am  
Let's Just Dance 11:00 am  
Women with PD Zoom—10:30 am  
Rock Steady Boxing 11:30 am  
Book Club Zoom—2:30 pm

14 Weekly Get Together 9:00 am  
Senior Cardio 11:00 am  
Readers Theater 2:15 pm  
Loud Crowd 3:30 pm

15 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

16 Meditation & Movement 9:30 am Zoom

17

18 Exercise Class/Video 9:00 am  
Rock Steady Boxing  
Reflexology 1:00-3:00 pm  
PAC 1:00-3:30 pm  
Rummikub 1:30- pm

19 Senior Cardio 11:00 am  
PAC 1:00-3:30 pm  
SACK Class 1:30 pm

20 Golfing  
Exercise Class/Video 9:00 am  
Let's Just Dance 11:00 am  
Rock Steady Boxing 11:30 am  
Men/Women with PD Group Sharing FID—1:30 pm

21 Weekly Get Together 9:00 am  
Senior Cardio 11:00 am  
Readers Theater 2:15 pm  
Loud Crowd 3:30 pm

22 Exercise Class/Video 9:00 am  
Rock Steady Boxing  
PAC 1:00-3:30 pm  
BINGO 1:30 pm

23 Meditation & Movement 9:30 am Zoom

24

25 Exercise Class/Video 9:00 am  
Rock Steady Boxing  
Reflexology 1:00-3:00 pm  
PAC 1:00-3:30 pm  
Rummikub 1:30- pm

26 Senior Cardio 11:00 am  
Lunch Bunch 12:00 pm  
PAC 1:00-3:30 pm  
Fun & Games 1:30 pm

27 Golfing  
Exercise Class/Video 9:00 am  
Let's Just Dance 11:00 am  
Rock Steady Boxing 11:30 am  
Women with PD Zoom—3:00 pm

28   
PAC Closed

29 Exercise Class/Video 9:00 am  
Rock Steady Boxing  
PAC Closed

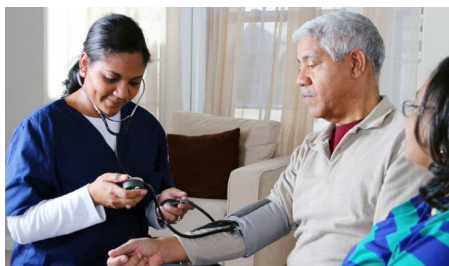
30 Meditation & Movement 9:30 am Zoom  
PAC Closed

## Home Health vs. In-Home Care

It is easy to confuse the terms “home health” and “in-home care”. Yet, they are very different. It is possible to need both at the same time.

Home health is skilled care provided by medical professionals—nurses and therapists. Such care requires a written order from a doctor. It is often used by people recovering from surgery or other serious health issues. It may replace a stay in a rehab or nursing facility. Medicare covers this type of care.

In-home care is non-medical. Its primary purpose is to help with activities of daily living and personal care. It may include help with personal grooming (bathing or getting dressed), medica-



tion reminders (but not actually handling meds), getting in and out of bed, preparing meals, doing light housekeeping, and providing companionship). Medicare does not cover in-home care, but our support group offers care assistance reimbursement of up to \$600 a year (see our website for more information.) Pima Council on Aging (PCOA) and the VA also help with respite care.

Go to <https://dailycaring.com/home-health-care-and-in-home-care-what-do-they-do/> for a chart that compares the two types of care.

<https://gvparkinsons.org/care-assistance/>

## From a Care Partner’s Journal...



*On January 1, 2000, I started journaling for no other reason than it seemed like a benchmark date. Little did I know that my husband, John, would receive a diagnosis of Parkinson’s later that year.*

From the fall of 2003: “Last week was perhaps one of the most emotional and difficult weeks in my entire life.”

I wrote that line after John’s neurologist tweaked his Parkinson’s meds by switching from one dopamine agonist\* to another. The doctor gave us instructions on how to gradually lower the dosage of the first drug while gradually increasing the new drug. Then he left on vacation for two weeks and couldn’t be reached.

John crashed. He was still working at the time, and as a high school math teacher, he needed to be on top of his game throughout the school day. He wasn’t. Every day he would come home from school early, and I would find him in bed when I came home. I held him while he cried.

We managed to get an appointment with another neurologist in the same clinic. This doctor seemed satisfied since John was able to walk down the hall. He seemed to think that if he could walk, things weren’t so bad. I wanted to scream, “Walking down the hall isn’t the same as teaching all day!”

Eventually, his regular neurologist returned, and he realized that John was having an adverse reaction to the new med at the same time as experiencing withdrawal from his original med. It was a bad experience, but it drove us to finally letting others know about John’s diagnosis. During that same week, we found ways to tell the faculty at John’s school, and the school nurse helped to tell his students. All were supportive. According to my journal, when I told my students, they gave me a group hug. I don’t remember that so I’m glad I wrote about it so I can appreciate it now.

~Charlene Ostlund

*\*Dopamine agonists imitate dopamine. They aren’t dopamine, but your cells can’t tell the difference.*

## Meet the People Behind the Names

By Larry Westfall

The following column features one of our members each month, providing a snapshot of their life. Our objective is to provide a small look behind the names to know our Parkinson's neigh-

### Pat Sheyka

If you have attended one of our sit-and-stand exercise sessions, you have likely met Pat Sheyka. She is the witty lady who almost always attends and assists the instructor by offering her opinion about the loudness of the background music. Many of us enjoy her humorous tongue-in-cheek comments.

Pat or "Irish" as some refer to her is an "Indiana Hoosier," who was born and spent her early years in South Bend, Indiana. She and her two younger sisters' childhood home was located a short distance from the Notre Dame University campus, which might account for her being an avid Notre Dame sports fan. Pat has always wanted to help people, and that is why she chose the medical field for her career. She earned her RN, Bachelor's Degree and ultimately a Master's Degree in Health Care Administration.

After graduating, Pat wanted some adventure, so she convinced seven fellow graduates to move with her to Albuquerque, New Mexico. She lived and worked there for six years. During this time, she met and married her husband, Jerry. Pat and Jerry moved back to South Bend and remained



Pat Sheyka

bors a bit better. If you would like to be featured in a future column, give me a call at 830-370-5919. Caregiver calls to suggest someone are welcome!

there for the next thirty-seven years. They raised three children during their marriage and recently celebrated their 60<sup>th</sup> anniversary. Their children live in Denver, Granger, Indiana, and Santa Clare, California.

After spending a few years in Silver City, New Mexico, for health reasons, Pat and Jerry purchased their Green Valley retirement home in 2015. Pat volunteered at the Green Valley Hospital for two years before it closed. Her career in the nursing field totaled 54 years.

Pat was diagnosed with Parkinson's Disease three years ago. She suffers from a variety of symptoms, including tremor, stiffness, and others. She has always been very active with exercise, including running and views our exercise programs to be a vital part of her management of Parkinson's. She is also active in a Professional Educators Group which is committed to funding much needed scholarships for nursing degrees. Pat says having Parkinson's has made her humble. She urges everyone to stay alert for Parkinson's symptoms, which are frequently diagnosed very late. And her favorite cheer is "GO IRISH"!!

### #I Care...

November is National Family Caregivers Month in the US. It is a time designated to noticing and supporting caregivers.

From the moment of a Parkinson's diagnosis, spouses become care partners who observe their loved one's symptoms and research the disease. The duties of the care partner increase gradually and may go unnoticed. During this

month, recognize their hard work and sacrifice. Let them know that you appreciate them by saying "Thank you" and supporting them. How? Volunteer to help with household chores. Suggest attending support group classes, meetings, and activities. Ask yourself if it is time to agree to respite care FOR YOUR CARE PARTNER'S SAKE.

## 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 2<sup>nd</sup> Wednesday of each month at 2:30 pm.

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  
 Mar.: *The Measure* by Nikki Erlick  
 Apr.: *Tom Lake* by Ann Patchett  
 May: *James* by Percival Everett

## Caring Calls

Do you want to talk? Our Caring Calls program has volunteers wanting to reach out to you by phone. Our volunteers have lived with PD or are doing so now. They get it. Sign up to receive calls by emailing [supportgroup@gvparkinsons.org](mailto:supportgroup@gvparkinsons.org) or calling 520-372-2368.

## DEEP THOUGHTS

Never let it be said that ground crews lack a sense of humor. Here are actual maintenance complaints submitted by UPS pilots ("P") and solutions recorded ("S") by maintenance engineers:

- P: Left inside main tire almost needs replacement  
 S: Almost replaced left inside main tire.
- P: Test flight OK, except auto-land very rough.  
 S: Auto-land not installed on this aircraft.
- P: Something loose in cockpit  
 S: Something tightened in cockpit
- P: Dead bugs on windshield.  
 S: Live bugs on back-order.
- P: Evidence of leak on right main landing gear.  
 S: Evidence removed.
- P: DME volume unbelievably loud.  
 S: DME volume set to more believable level.
- P: Number 3 engine missing.  
 S: Engine found on right wing after brief search.
- P: Aircraft handles funny.  
 S: Aircraft warned to: straighten up, fly right, and be serious.
- P: Target radar hums.  
 S: Reprogrammed target radar with lyrics.
- P: Mouse in cockpit.  
 S: Cat installed.
- P: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.  
 S: Took hammer away from midget.

*Curt Ackley, Curator*

## THANK YOU TO OUR SPONSORS



**Fry's Community Rewards**  
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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