

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

January 2025

Message from the President



Suzanne Colley
President

Country Fair White Elephant

We received a grant of \$16,000 for fiscal year 2025. This funds our chair exercise

class and other programs.

Thank you to the staff and volunteers of the White Elephant!

Festival of Trees

Thanks to everyone who helped decorate and attended the Festival of Trees. The event was fun, and our tree looked beautiful.



Holiday Luncheon

Jeff Jamieson provided BBQ ribs, chicken and pulled pork for the Holiday Luncheon. A big thank you goes to Jim & Maureen Handley who suggested Jeff share his culinary BBQ skills with us.

Program Changes

We have made the following changes due to lack of participation:

- The PAC will now be open Monday & Tuesday from 1:00 – 3:30 pm.
- Friday hours are being discontinued at this time.
- **Lunch Bunch** will now be held at the PAC with the menu as follows:

January 28th will be Chili. Please bring a quart of your favorite chili. We will mix it all together for a delicious lunch. Toppings, crackers and drinks will be provided.

February 25th will be Subs and Chips. Drinks provided.

March 25th will be Mexican.

Reservations will be required so be sure to sign up at Chair Exercise class or at the PAC.

Annual Donation Appeal

The letter to full-time members has been mailed. Seasonal members will be receiving their letter in January. Reminder, if your address has changed, please notify Charlene at membership@gvparkinsons.org.

SACK Class

Topic: Vision Changes and PD (Video)

Tuesday, January 21 at 1:30 pm

Location: Parkinson's Activity Center

*Give Parkinson's the SACK:
Becoming increasingly Knowledgeable*

Do you have double vision? The American Parkinson Disease Association (APDA) created a video with Janet Rucker, neuro-ophthalmologist, NYU Health. In the video, she describes common vision changes that people with Parkinson's often experience. She explains why these changes happen and steps to improve your vision.

Please register for this class by emailing membership@gvparkinsons.org.

Did You Miss It?

By Charlene Ostlund

Holiday Luncheon

When Santa arrived early, I knew in an instant that it was going to be a cheerful event. (Remember that last year he went to the wrong location.) The food was plentiful and tasty. A big thank you Jeff Jamieson for providing three kinds of meat and the guests for treating us with their best recipes. Also, thank you to Sue and crew for setting up and cleaning up, to Mia and the snowflake shufflers, and the readers' theater group for sharing a unique Blondie and Dagwood version of the Christmas Carol. All in all, it was a great way to begin the holiday season.

December SACK Class

A nonapathetic group showed up to view and discuss parts of two videos on apathy and Parkinson's. The videos can be viewed at home and the handout can be downloaded from the following sites:

<https://www.parkinson.org/library/videos/apathy>

https://www.youtube.com/watch?v=0Hn0_8Sz_J8



PD in the News

Researchers at Yale School of Medicine studying postmortem human brains found that brains with Parkinson's disease showed increased neuroinflammation caused by elevated levels of T cells and microglia, two kinds of immune cells.

A team of researchers at the University of Arizona have found that in an animal model, PNA5, a protein, has a protective effect on brain cells, which could lead to treatments for cognitive symptoms in PD.

Lalitha Madhavan, MD, PhD, an associate professor of neurology at UA, says that 25-30% of people with PD already have mild cognitive impairment when diagnosed. This percent increases greatly as the disease progresses. The hope is to use PNA5 to control inflammation caused by microglia in the brain to prevent further cognitive decline.

<https://healthsciences.arizona.edu/news/releases/study-identifies-potential-new-drug-parkinsons-related-cognitive-decline-dementia>

<https://medicine.yale.edu/news-article/parkinsons-disease-associated-with-neuroinflammation-in-the-brain-new-analyses-reveal/>



New this Month!

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).

For more information, email membership@gvparkinsons.org

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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>1</p> 	<p>2</p> <p>Weekly Get Together 9:00 am</p>	<p>3</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p>	<p>4</p> <p>Meditation & Movement 9:30 am Zoom</p> <p>Pole Walking Canoa Ranch Lake 10:30 am</p>
<p>5</p>	<p>6</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p> <p>PAC 1:00-3:30 pm</p> <p>Rummikub 1:30- pm</p>	<p>7</p> <p>Pole Walking Sahuarita Lake 10:30 am</p> <p>PAC 1:00-3:30 pm</p>	<p>8</p> <p>Golfing</p> <p>Exercise Class/Video 9 am</p> <p>Women with PD Zoom—10:30 am</p> <p>Rock Steady Boxing 11:30 am</p> <p>Reflexology 1:00 pm</p> <p>Book Club Zoom—2:30 pm</p>	<p>9</p> <p>Weekly Get Together 9:00 am</p> <p>Readers Theater 2:15 pm</p> <p>Loud Crowd 3:30 pm</p>	<p>10</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p>	<p>11</p> <p>Meditation & Movement 9:30 am Zoom</p> <p>Pole Walking Canoa Ranch Lake 10:30 am</p>
<p>12</p>	<p>13</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p> <p>Reflexology 1:00-3:00 pm</p> <p>PAC 1:00-3:30 pm</p> <p>Rummikub 1:30- pm</p>	<p>14</p> <p>Meet & Greet 9:00 am</p> <p>Pole Walking Sahuarita Lake 10:30 am</p> <p>Senior Cardio 11:00 am</p> <p>PAC 1:00-3:30 pm</p> <p>Chicken Foot Dominoes 1:30 pm</p>	<p>15</p> <p>Golfing</p> <p>Exercise Class/Video 9:00 am</p> <p>Let's Just Dance 11:00 am</p> <p>Rock Steady Boxing 11:30 am</p> <p>Group Sharing Meeting FID—1:30 pm</p>	<p>16</p> <p>Weekly Get Together 9:00 am</p> <p>Senior Cardio 11:00 am</p> <p>Readers Theater 2:15 pm</p> <p>Loud Crowd 3:30 pm</p>	<p>17</p> <p>Exercise Class/Video 9:00 am</p> <p>Board Meeting 10:30 am</p> <p>Rock Steady Boxing</p>	<p>18</p> <p>Meditation & Movement 9:30 am Zoom</p> <p>Pole Walking Canoa Lake 10:30 am</p>
<p>19</p>	<p>20</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p> <p>Reflexology 1:00-3:00 pm</p> <p>PAC 1:00-3:30 pm</p> <p>Rummikub 1:30- pm</p>	<p>21</p> <p>Pole Walking Sahuarita Lake 10:30 am</p> <p>Senior Cardio 11:00 am</p> <p>PAC 1:00-3:30 pm</p> <p>SACK Class 1:30 pm</p>	<p>22</p> <p>Golfing</p> <p>Exercise Class/Video 9:00 am</p> <p>Let's Just Dance 11:00 am</p> <p>Rock Steady Boxing 11:30 am</p> <p>Women with PD Zoom—3:00 pm</p>	<p>23</p> <p>Weekly Get Together 9:00 am</p> <p>Senior Cardio 11:00 am</p> <p>Readers Theater 2:15 pm</p> <p>Loud Crowd 3:30 pm</p>	<p>24</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p>	<p>25</p> <p>Meditation & Movement 9:30 am Zoom</p> <p>Pole Walking Canoa Lake 10:30 am</p>
<p>26</p>	<p>27</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p> <p>Reflexology 1:00-3:00 pm</p> <p>PAC 1:00-3:30 pm</p> <p>Rummikub 1:30- pm</p>	<p>28</p> <p>Pole Walking Sahuarita Lake 10:30 am</p> <p>Senior Cardio 11:00 am</p> <p>Lunch Bunch 12:00 pm</p> <p>PAC 1:00-3:30 pm</p>	<p>29</p> <p>Golfing</p> <p>Exercise Class/Video 9:00 am</p> <p>Let's Just Dance 11:00 am</p> <p>Rock Steady Boxing 11:30 am</p>	<p>30</p> <p>Weekly Get Together 9:00 am</p> <p>Senior Cardio 11:00 am</p> <p>Readers Theater 2:15 pm</p> <p>Loud Crowd 3:30 pm</p>	<p>31</p> <p>Exercise Class/Video 9:00 am</p> <p>Rock Steady Boxing</p>	

T.I.P.S.

Tips, Ideas, & Practical Solutions: Do you have foot or leg problems?

By Larry Westfall

A common complaint from those with Parkinson's is that feet and legs cramp, tremor and feel restless, especially when sitting or in bed. Here are two suggestions for ways to help with these conditions.

First, when in bed try using a weighted blanket over your lower legs. These blankets come in various sizes and weights and can help quiet legs

and enable sleep.

Second, when sitting for longer periods place your tremored or restless foot on a solid stool front and apply a bit of pressure. Some stools even have rounded bottoms to enable just the right angle. This can have a quieting effect for some people.

Dear Care Partners,

"I...recognized the toll my diagnosis took on my husband." This is a quote from Soania Mathur, a retired family physician diagnosed with Parkinson's, that I read in an article called "Parkinson's Pivot" by Mary Bolster in the December 2024/January 2025 issue of *Brain & Life*. She goes on to say, "In some ways, it's easier to have this disease than to watch someone go through it."

It's true that it's not easy to be a care partner, but you are not alone. At last count, there are 169 care partners in our support group. Family, friends, and neighbors may not understand your challenges, but the other care partners do.

We have a group sharing meeting for our PD

Partners on the third Wednesday of every month at 1:30 at Friends in Deed. This is where you can share your experiences, receive support, and learn from others. All partners are rookies at the beginning of the Parkinson's journey. There's so much to learn!

Make it your New Year's resolution to attend these meetings.

Bless you on your PD journey,
Charlene Ostlund

*P.S. **Brain & Life** is a free publication for people with neurological diseases and their caregivers printed in English and Spanish. Subscribe at myBLsub.com.*

Getting to Know our Support Group

Without speech, how would you stay socially connected? Handwriting?...Probably not.

SPEAK Out and LOUD Crowd programs were developed by Parkinson Voice Project. The project's mission is to help people with Parkinson's and related neurological disorders regain and retain their speech and swallowing. To reach their goal, they offer grants to universities to train speech pathology students in their speech therapy programs.

Midwestern University in Glendale is one of the universities to receive this grant. For the past several years, speech pathology students under the direction of Ethan Walsh, MS, CCC-SLP, have been leading speech exercises for our weekly LOUD

Crowd group. If you are interested in joining the group, come to the PAC on Thursdays at 3:30 pm.

Daily speech exercises are available on the Parkinson Voice Project website. These exercises and our LOUD Crowd group do not replace speech therapy. See a therapist and then do the exercises to retain progress made during therapy.

Remember—speak with intent.

<https://parkinsonvoiceproject.org/program/speak-out/>

<https://parkinsonvoiceproject.org/program/parkinsons-speech-exercises/>

<https://www.midwestern.edu/news-stories/midwestern-university-speech-language-pathology-program-offers-therapy-resource-parkinsons-patients>

Meet the People Behind the Names

By Larry Westfall

Once again, we provide you a lifetime "snapshot" of one of our members with Parkinson's Disease. As always, you are invited to call me at 830-370-5919 if you know someone we should feature in a future bulletin.

John Goulet

John Goulet is a familiar face to many of us, as John is a member of our Board of Directors and has provided much of the momentum in securing our Parkinson's Activity Center space and the development of that space to meet our needs.

John was born and spent his early years in Pasco, Washington, where he attended public and parochial schools. Feeling the call to ministry in 1955, he entered the seminary in Spokane intending to become a Catholic priest. However, after discovering girls two years later, he returned to Pasco to complete a public-school education. There he met his future bride, Linda Nagley. Following graduation in 1960, he attended Gonzaga University for a year, and in 1961, they married. They have four grown children (two of each) and recently celebrated 63 years of marital bliss.

John continued his education as they moved around the country, and eventually earned a BS in Management. While pursuing an education, he held a variety of jobs including truck driver, machinist, welding technician, methods analyst, aviation mechanic, commercial pilot, flight instructor, and quality control/assurance technician. His mechanical knowledge and welding skills eventually landed him in the welding and fabrication world of nuclear power plant construction and maintenance. This led to assignments at subcontractor sites across the US and abroad including a five-year residency in the Burgundy Region of France. After nearly 40 years in the industry, and upon learning of his PD diagnosis, John resigned his position at Hanford in 2014. Looking for a milder climate, they moved to



John Goulet
Dominate Fighter

Green Valley in 2019.

If this isn't interesting enough, John's early interest in art led to his lifelong passion, fabricating designs using metal and glass. A demand for his sculptures partially supported the growing family during the early '70s. After returning to the nuclear industry in 1977, John continued his passion for welded art working part-time until PD forced closure of his studio in 2016. Their love of art remains a focus for John and Linda.

Learning of his diagnosis and experiencing cognitive and physical symptoms, John experienced a period of depression. An answer came after joining a PD support group in Washington State and learning of the relationship between exercise and PD symptoms. As part of a research project directed by Dr. Jay Alberts and funded by the Davis Phinney Foundation, John joined a group exercising three times per week using stationary bicycles. Over time, he began to feel the depression lift and his physical symptoms improved. This study became known as *'Peddling for Parkinson's'* and is currently offered at many gyms across the US.

As this study concluded, the group of resolute cyclists sought out other forms of effective exercise. Boxing was identified as good physical exercise. The group's efforts resulted in establishing the first affiliated *Rock Steady Boxing* gym in Eastern Washington (based at *Contenders Boxing*, Kennewick, WA).

Upon moving to Green Valley...

Read the full article at <https://gvparkinsons.org/wp-content/uploads/2024/12/Goulet-Interview-760-.pdf>

Book List for our Book Club



All members are welcome to join our Zoom Book Club meetings on the 2nd Wednesday of each month at 2:30 pm.

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

DEEP THOUGHTS

Sometimes
people come
into your life
and change you
into a better
person...

Baristas. They're
called Baristas.

Curt Ackley, Curator



Name Tags

Thanks to Steve W. name tags for our members are being made and distributed. Please wear them to all our events.

If you don't yet have a name tag, contact Steve at attendance@gvparkinsons.org or call 520-372-2368 and leave a message with your name and contact information. There is no charge for the name tags.

VAS Transportation

Did you know that we have members all along the Santa Cruz River Valley? If you live in Amado, Tubac, Tumacacori, Carmen, or Rio Rico, Valley Assistance Services provides rides for medical appointments, shopping, and errands to seniors. If interested, call VAS at 520-625-5966.



Valley Assistance Services
Your Helping Hand Forward

THANK YOU TO OUR SPONSORS



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Enroll online

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



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