

# 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

**February 2025**

## Message from the President



Suzanne Colley  
President

### Board's Decision to Open an Endowment Account with the Greater Green Valley Commu- nity Foundation

### A Step Towards Sustained Support and Growth

Dear Members,

We are thrilled to share an exciting development with you that marks a significant milestone in our ongoing efforts to support and enhance the lives of those affected by Parkinson's disease. After careful deliberation and consultation, the board has decided to open an endowment account with the Greater Green Valley Community Foundation (GGVCF). This strategic move is aimed at ensuring long-term financial stability, the continued growth of our support group's initiatives, and ultimately, the ability to hire an administrator to ease the burden on our volunteers who live with Parkinson's disease.

### The Importance of an Endowment Account

An endowment account is a vital financial tool that allows organizations like ours to secure a

stable source of income for the future. By investing funds in an endowment, we can generate returns that safeguard the financial health of our group but also ensures that we can continue to provide valuable support to our members with Parkinson's and their partners. The fund may attract large donations from estates or large organizations that are interested in supporting organizations that are thinking strategically about the future.

### Why the Greater Green Valley Community Foundation?

The GGVCF is renowned for its commitment to fostering community growth and supporting local nonprofits. Their expertise in managing endowment funds, combined with their strong ethical principles, makes them an ideal partner for us. By aligning ourselves with the GGVCF, we are placing our trust in an institution that shares our values and dedication to improving lives.

Warm regards,

Sue Colley, President

## SACK Class

**Friday, February 7**

1:30 pm at the PAC

Video

Topic: Getting In & Out of a Car

It's important to learn about Parkinson's, but it's also important to learn how to live with the disease. In this video, a physical therapist demonstrates the tricks for getting in and out of the car.



**Tuesday, February 18**

1:30 pm at the PAC

Speaker: Ryan Austerman MD

Topic: Deep Brain Stimulation (DBS)

Dr. Austerman is a neurosurgeon from the Center of Neurosciences in Tucson. DBS is one of the surgical treatments for Parkinson's, which is effective for tremor and dyskinesia (involuntary,



Please register for these classes by emailing [membership@gvparkinsons.org](mailto:membership@gvparkinsons.org).

Seating in the PAC is limited so register as soon as possible.

Give Parkinson's the SACK:  
Become increasingly Knowledgeable

## Did You Miss It?

### January SACK Class



Attendees at SACK Class on January 21<sup>st</sup> watched and discussed a video on visual symptoms of Parkinson's produced by the American Parkinson Disease Association (APDA). The speaker was Janet Rucker, MD, neuro-ophthalmologist from NYU Health.

According to Dr. Rucker, 78% of PD patients have at least one visual symptom so it was a topic that interested many of our members. If you missed the class, the video can be viewed online:

<https://www.youtube.com/playlist?list=PLWc6Kqj5B4-KcMCUzYjoQAmhblA1Chcv1>

### Getting to Know our Support Group



Nordic Pole Walking  
at Sahuarita Lake

Nordic Pole Walking was introduced to us by the queen herself, Linda Lemke. Unfortunately, Linda hasn't been able to come to Green Valley this winter, but Steve W. is well on his way to becoming the king of pole walking.

We know the importance of exercise, the only treatment shown to slow the progression of Parkinson's. Our support group offers a variety of exercise opportunities with varying levels of exertion. The important thing is to find the type of exercise that you like enough to do regularly.

Pole walking is done outdoors. That's why you are in southern Arizona, right? Steve faithfully meets our members twice a week—Tuesdays at Sahuarita Lake and Saturdays at the Historic Canoa Ranch at 10:30 am. Both are pleasant locations. No poles? No worries! Poles are provided to borrow.

### SOLO

The support group's first SOLO (Surviving Our Loved Ones) gathering was on January 7<sup>th</sup>. Six of our widows (yes, widowers are welcome to join the group) met at Coyote Grill for lunch. They remembered their loved ones and talked about their current lives. All enjoyed the outing and planned to meet again in February.

### In Memoriam



Mel Webb passed peacefully in his sleep on January 3<sup>rd</sup>. He joined the support group in 2024 and is survived by his wife and high-school sweetheart Joyce-Ca Webb.

# February 2025

Sun

Mon

Tue

Wed

Thu


Fri

Sat



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

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

						<p><b>1</b></p> <p>Meditation &amp; Movement 9:00 am Zoom</p> <p>Pole Walking Canoa Ranch Lake 10:30 am</p>
<p><b>2</b></p>	<p><b>3</b></p> <p>Exercise Class &amp; 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><b>4</b></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><b>5</b></p> <p>Golfing Exercise Class &amp; Video 9:00 am</p> <p>Women with PD Zoom—10:30 am</p> <p>Rock Steady Boxing 11:30 am</p>	<p><b>6</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>7</b></p> <p>Exercise Class &amp; Video 9:00 am</p> <p>Rock Steady Boxing 11:30 am</p> <p>SACK Class 1:30 pm</p>	<p><b>8</b></p> <p>Meditation &amp; Movement 9:00 am Zoom</p> <p>Pole Walking Canoa Ranch Lake 10:30 am</p>
<p><b>9</b></p>	<p><b>10</b></p> <p>Exercise Class &amp; 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><b>11</b></p> <p>Meet &amp; 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>Coloring &amp; UNO 1:30 pm</p>	<p><b>12</b></p> <p>Golfing Exercise Class &amp; Video 9:00 am</p> <p>Let's Just Dance 11:00 am</p> <p>Rock Steady Boxing 11:30 am</p> <p>Book Club Zoom—2:30 pm</p>	<p><b>13</b></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><b>14</b></p>  <p>Exercise Class &amp; Video 9:00 am</p> <p>Rock Steady Boxing 11:30 am</p>	<p><b>15</b></p> <p>Meditation &amp; Movement 9:00 am Zoom</p> <p>Pole Walking Canoa Ranch Lake 10:30 am</p>
<p><b>16</b></p>	<p><b>17</b></p> <p>Exercise Class &amp; 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><b>18</b></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><b>19</b></p> <p>Golfing Exercise Class &amp; 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><b>20</b></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><b>21</b></p> <p>Exercise Class &amp; Video 9:00 am</p> <p>Board Meeting 10:30 am</p> <p>Rock Steady Boxing 11:30 am</p>	<p><b>22</b></p> <p>Meditation &amp; Movement 9:00 am Zoom</p> <p>Pole Walking Canoa Ranch Lake 10:30 am</p>
<p><b>23</b></p>	<p><b>24</b></p> <p>Exercise Class &amp; 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><b>25</b></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><b>26</b></p> <p>Golfing Exercise Class &amp; 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><b>27</b></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><b>28</b></p> <p>Exercise Class &amp; Video 9:00 am</p> <p>Rock Steady Boxing 11:30 am</p>	



## Meet the People Behind the Names

By Larry Westfall

*Our "Snapshot" for this month is of Bruce Dean, who joined our support group in 2010 when he and his wife, Gwendolyn, retired to Green Valley. Call me at 830-370-5926 if you or someone you know would like to be featured in a future edition.*

### Bruce Dean

Bruce, or "Big Bruce" as he is affectionately known in Rock Steady Boxing, was born in 1948 and lived his early years in the San Fernando Valley area of California. He attended schools in that area and was active in football and cross-country sports. After high school he joined the army and spent much of his three-year tour in the military police, while located in Japan. Afterwards while working part-time, he earned a university degree in chemical engineering.

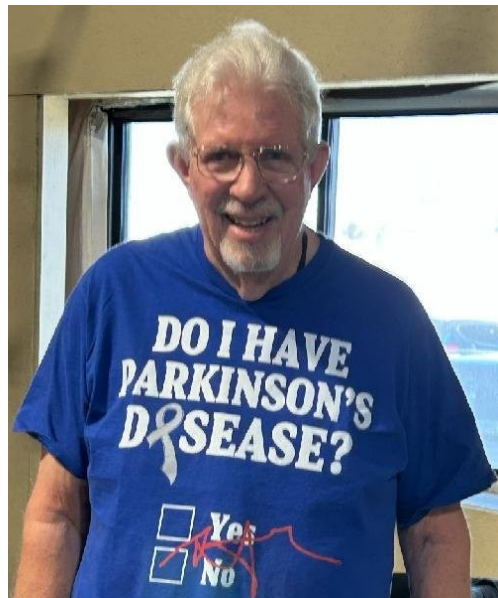
In 1977 he moved to Crownpoint, Indiana, where he worked as a district service representative for Oldsmobile Corporation. A few years later he began working for Inland Steel at their East Chicago facility where they produced rolled steel for automobile assembly. The blast furnace was the largest in the Western Hemisphere and could produce 13,000 tons of pure iron per day. For the following thirty years he was employed at this location.

Bruce married Gwendolyn in 1991 and they resided in Valparaiso, Indiana. During this period, they were both bikers and traveled with various groups in 28 different states. In 2010 he retired and they moved to Green Valley. They were attracted to the area for its warm and dry climate. They have been active in several groups and clubs in the area, including a classic car group. He showed me a picture of a gorgeous 1930

Model A pick-up truck, which he owned and served as "Chief Mechanic" for during this period. Bruce has two sons and four grandchildren. Gwendolyn has one daughter.

Bruce was diagnosed with Parkinson's disease (PD) in 2000 and continued to work for ten more years before retiring. He has now lived with the disease for twenty-five years. He joined our Parkinson's support group immediately after moving here and was part of the first Rock Steady Boxing group. He has remained active with this and other group activities since that time. In 2013 he had Deep Brain Stimulation surgery, which continues to this day to greatly control previously serious tremors. He showed me a video during which he turned off his DBS control unit to demonstrate an immediate surge of hand tremor that was visibly non-existent while under DBS control.

Bruce took a fall about one year ago which shattered bones in his ankle. He currently uses a walker to gain stability and reduce the possibility of further falls, but he remains physically and mentally active, including participating in a Parkinson's Pickleball group. Bruce has the following three recommendations for dealing with PD: (1) keep moving, (2) stay positive and (3) join a support group to help you do items one and two.



Bruce Dean

## Do You Have Grit?

[Samantha Elandary, MA, CCC-SLP](#) and founder of Parkinson Voice Project believes that everyone with Parkinson's needs grit. See if you agree.

### Characteristics of Grit

Courage

Conscientiousness (thorough, careful, or vigilant)

Perseverance

Resilience

Passion

### Six Ways You Can Become "Grittier"

Clarify your goals. ...

Discover your interests. ...

Practice deliberately. ...

Know your purpose. ...



Practice optimistic self-talk. ...

Join a gritty culture.

### In Other Words: How to Grow Your Grit

Pursue your interests. Find something that fascinates you.

Practice, practice, practice. Get a little bit better every day.

Connect to a higher purpose. Ask yourself how you are helping other people.

Cultivate hope.

Surround yourself with gritty people.

**Good news:** Grit has been shown to increase with age.

*Duckworth et al., 2007, Duckworth & Quinn, 2009*

## Book List for our Book Club



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

Our Book Club members would like to refer you to the article "Six Memory Boosters" in the December 2024/ January 2025 *AARP The Magazine*. Turbocharge Tip #4 is "Read a novel."

In the article, neurologist and neuropsychiatrist Richard Restack author of *The Complete Guide to Memory: The Science of Strengthening Your Mind* recommends reading fiction over nonfiction. When reading fiction, the reader must follow the plot and keep track of characters. Nonfiction does not challenge memory in the same way.

Disclosure: Some of our Book Club members are known to take notes to keep track of charac-

ters. Albert Einstein didn't bother to memorize his own phone number because he didn't want to clutter his brain with something he could look up. No doubt, those members who take notes while reading are just trying to emulate Einstein by not cluttering their brains.

\*\*\*\*\*

February: *All the Broken Places* by John Boyce

March: *The Measure* by Nikki Erlick

April: *Tom Lake* by Ann Patchett

May: *James* by Percival Everett

June: *Under the Java Moon* by Heather B. Moore

July: *The Paris Library* by Janet Skeslien Charles

August: *The Dictionary of Lost Words*  
by Pip Williams

September: *The Paris Novel* by Ruth Reichl

January: *Two Old Women* by Velma Wallis



Two ways to reduce your taxes:

1. The Parkinson’s Support Group of Green Valley is an **Arizona Qualifying Charitable Organization (QCO)**. All Arizona residents may participate and receive a **tax credit** on their Arizona State Tax. It reduces your tax liability by the amount you donate up to \$800 for a married couple and \$400 for single or head of household. Our QCO Code is **22119**.
2. **Donate Your “Required Minimum Distribution” from your IRA:** The Consolidated Appropriations Act of 2016 made permanent the option of qualified charitable distributions (QCDs) from individual retirement accounts. This means that persons who take annual distributions from their IRA, can make a gift directly from their IRA to the Parkinson’s Support Group of Green Valley, and save the income taxes.

You may want to consult your accountant.

### DEEP THOUGHTS

#### New Dog Cross Breeds

The following new cross breeds are now recognized by the Kennel Club—allegedly!

Collie + Lhasa Apso

Collapso, a dog that folds up for easy transport.

Pointer + Setter

Poinsetter, the traditional Christmas pet.

Pekingese + Lhasa Apso

Peekasso, an abstract dog.

Irish Water Spaniel + English Springer Spaniel

Irish Springer, a dog fresh & clean as mountain air.

Bloodhound + Labrador

Blabador, a dog that barks incessantly.

Malamute + Pointer

Moot Point, owner by...oh, well, it doesn’t matter anyway.

Collie + Malamute

Commute, a dog that travels to work.

Deerhound + Terrier

Derriere, a dog that’s true to the end.

Bull Terrier + Shitzu

You figure this one out.

*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  
Sue Colley

Charlene Ostlund  
Larry Westfall  
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