

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

March 2025

Message from the President



Suzanne Colley
President

I missed it. I am so sorry. Friday, February 21 was National Caregivers Day. This year's theme is "Celebrating the Strength of Caregivers: Recognizing their Resilience and Dedication". Caregivers show immense commitment and emotional strength. You are the unsung heroes in caring for your loved one. It is a 7 day, 24 hours a day job no one prepares you for. You caregive out of love and necessity. The Support

Group is here to help. Attend the in-person caregiver support group sessions on the third Wednesday, at 1:30 pm at Friends in Deed. Come to the Thursday morning coffee at Posada Java to meet other caregivers. Remember the Support Group has the Care Assistance Program which will reimburse you up to \$600/year. You can access more information and the reimbursement form on our website www.gvparkinsons.org. Now wrap your arms around yourself and hug tight.

SACK Classes

Friday, March 7

1:30 pm at the PAC



Speaker: Adra Barney from Cornerstone

Topic: Benefits for Veterans & Difference Between Home Health and Home Care

Audra will go over requirements to qualify for VA benefits, how to enroll at a VA outpatient clinic if you're not currently a patient in the VA system, and how and what caregivers can assist with.

Tuesday, March 18

1:30 pm at the PAC



Speaker: Stacy Rollins from Abbvie

Topic: Vyalev, subcutaneous levodopa-based therapy

You will learn about a new delivery system for levodopa recently approved by FDA that provides a consistent level of the medication 24 hours a day. Refreshments provided.

Please register for these classes by emailing membership@gvparkinsons.org. Seating in the PAC is limited so register as soon as possible.

Getting to Know our Support Group

By Charlene Ostlund

The Thursday social gatherings at Posada Java began probably six years ago as weekly meetings between Sue Colley and me when I was president and she was vice-president. Originally, we met at Sue's house after I dropped John off at Adult Day Services to discuss support group business, which usually involved planning and sometimes dreaming. (Sue was the dreamer.) Eventually, we moved the meetings to Posada Java so that more people could join us. More people meant more ideas! Over the years, the gathering became more social and more popular.



If you haven't yet joined us, give it a try. Look for the long table just past the counter. It's a nice way to meet a few members at a time over a cup of coffee...and don't forget the sticky buns!

Not Everyone Can Volunteer...

and that's why we treasure those who do. Nearly all our members either have Parkinson's or are caring for someone who has the disease. That fact greatly limits our pool of volunteers. Who has the time or energy to volunteer?

Yet (thankfully), we do have volunteers, and we greatly appreciate them. By "we", I mean our 350+ members because without volunteers, we wouldn't have programs, events, classes, and activities that benefit us.

How can you (yes, YOU) let our volunteers know that you appreciate them? Here's how. We're planning a volunteer appreciation event for



March 28th. We're asking our members to write a short note expressing appreciation or sign a thank you card. It'll be more meaningful if you write something specific that was done that you appreciated. Decorate them if you're in the mood. Alice Omahar will be collecting the notes/cards at exercise class. There will be an envelope at the PAC and other events. Just drop your note in the envelope.

One more way—drop off a snack or finger food at the PAC on the 28th between 3:00 and 3:45 pm. It's the least we can do for these special people.

--Volunteer Appreciation Committee

Opening an Endowment Account, Part 2 Benefits to Our Members



Opening an endowment fund with the Greater Green Valley Community Foundation (GGVCF) brings numerous benefits to our support group and its members:

Financial Stability

Once more fully funded, the endowment will provide a steady stream of income, enabling us to plan and execute our programs with greater confidence and security. This financial stability is crucial for maintaining and expanding the range of services we offer to our members. Moreover, it paves the way for hiring an administrator to manage our programs, thereby reducing the workload on our volunteers who are affected by Parkinson's disease.

Enhanced Programs and Services

With the additional funds generated through the endowment, we will be able to enhance our existing programs, such as our exercise classes, increase our care and exercise assistance to better support our members, and introduce new initiatives tailored to the needs of our members. This could include expanded support groups, educational workshops, social activities, and access to resources that can improve the quality of life for those living with Parkinson's.

Community Trust and Support

Partnering with a respected organization like the GGVCF will bolster our credibility within the community and attract additional support from donors and volunteers. This increased trust and backing will further strengthen our ability to serve our members effectively.

March 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat



Go to www.gvparkinsons.org
for more information

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

1
Meditation & Movement 9:00 am Zoom
Pole Walking Canoa Ranch Lake 10:30 am

2

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


4
Pole Walking Sahuarita Lake 10:30 am
Senior Cardio 11:00 am
PAC 1:00-3:30 pm

5
Golfing
Exercise Class & Video 9:00 am
Rock Steady Boxing 11:30 am

6
Weekly Get Together 9:00 am
Senior Cardio 11:00 am
Readers Theater 2:15 pm
Loud Crowd 3:30 pm

7
Exercise Class & Video 9:00 am
Rock Steady Boxing 11:30 am
SACK Class 1:30 pm

8
Meditation & Movement 9:00 am Zoom
Pole Walking Canoa Ranch Lake 10:30 am

9


10
Exercise Class & Video 9:00 am
Rock Steady Boxing
PAC 1:00-3:30 pm
Rummikub 1:30 pm

11
Meet & Greet 9:00 am
Pole Walking Sahuarita Lake 10:30 am
Senior Cardio 11:00 am
PAC 1:00-3:30 pm
UNO 1:30 pm
Book Club Zoom—4:30 pm

12
Golfing
Exercise Class & Video 9:00 am
Women with PD Zoom—10:30 am
Rock Steady Boxing 11:30 am

13
Weekly Get Together 9:00 am
Senior Cardio 11:00 am
Readers Theater 2:15 pm
Loud Crowd 3:30 pm

14
Exercise Class & Video 9:00 am
Rock Steady Boxing 11:30 am

15
Meditation & Movement 9:00 am Zoom
Pole Walking Canoa Ranch Lake 10:30 am

16

17

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

18
Pole Walking Sahuarita Lake 10:30 am
Senior Cardio 11:00 am
PAC 1:00-3:30 pm
SACK Class 1:30 pm

19
Golfing
Exercise Class & Video 9:00 am
Rock Steady Boxing 11:30 am
Group Sharing Meeting FID—1:30 pm

20
Weekly Get Together 9:00 am
Senior Cardio 11:00 am
Readers Theater 2:15 pm
Loud Crowd 3:30 pm

21
Exercise Class & Video 9:00 am
Board Meeting 10:30 am
Rock Steady Boxing 11:30 am

22
Meditation & Movement 9:00 am Zoom
Pole Walking Canoa Ranch Lake 10:30 am

23
SOLO 4:15 pm
30

24/31
Exercise Class & Video 9:00 am
Rock Steady Boxing
PAC 1:00-3:30 pm
Rummikub 1:30 pm

25
Pole Walking Sahuarita Lake 10:30 am
Senior Cardio 11:00 am
Lunch Bunch 12:00 pm
PAC 1:00-3:30 pm

26
Golfing
Exercise Class & Video 9:00 am
Rock Steady Boxing 11:30 am
Women with PD Zoom—3:00 pm

27
Weekly Get Together 9:00 am
Senior Cardio 11:00 am
Readers Theater 2:15 pm
Loud Crowd 3:30 pm

28
Exercise Class & Video 9:00 am
Rock Steady Boxing 11:30 am
Volunteer Appreciation 4:00 pm

29
Meditation & Movement 9:00 am Zoom
Pole Walking Canoa Ranch Lake 10:30 am

Meet the People Behind the Names

By Larry Westfall

Here we go once again folks. This month's interview is with Kathleen Royer who joined our support group in 2020. She is the third military retiree I have interviewed since beginning this column. I await your calls (830-370-5919) to suggest future Parkinson's members to interview.

Kathleen Royer

Kathleen or "Kate" as she is generally known around our group, was born in 1953 to Captain Don Sower and his wife, Marge. She was the fourth of their five children and grew up as a military brat moving regularly with her family as they followed her career Army father around the world and back. Needless to say, Kate received early exposure to and appreciation for our broader world and the people and cultures who share the planet with her.

Kate's father retired to Price, Utah, a small Utah coal mining community, where he taught his children to love the great outdoors and the mountains and high deserts of the Intermountain West. From her mom, she learned to appreciate the hard work and lives of the immigrants and children and grandchildren who formed the cornerstone of this vibrant community. Kate finished her public schooling here graduating from Carbon High School.

Kate attended Saint Olaf College in Minnesota where she pursued a liberal arts degree in Interdisciplinary Studies, graduating in 1975. Upon being offered an interesting and challenging career, she accepted a commission with the U.S. Army in the field of strategic/critical intelligence. Her final assignment was teaching at the Command and General Staff College at Fort Leavenworth, Kansas, where she met Jack Royer, also an Army officer and teacher at the college. After enjoying the interesting and challenging career she had been offered, Kate retired from the Army in 1995. The day after she retired she set out on a new adventure and married Jack.

The Royers settled down to a life in the Kansas City metro area where they became dedicated fans of the Royals, the Chiefs, and the KU Jayhawks.



Kate Royer

Jack worked for the Sprint Corporation and Kate found a new niche working as a Legal Assistant for a solo practitioner lawyer. They bought a cabin on a lake and enjoyed the long lazy weekends and the midwestern summer and fall.

Kate was diagnosed with Parkinson's in 2015 and she and Jack began to think seriously about retiring to a warmer environment. After looking for some years, they settled on the Green Valley area, and moved to Quail Creek in the spring of 2020. The presence of our Parkinson's Support Group was a major factor in their decision to move to the area. Soon after they moved, she joined the Support Group and became active with the Women with PD Zoom sessions. She continues to host the twice weekly meetings of the group, which she describes as "Wonderful women and a bedrock of support." Kate suffers from numerous symptoms, including resting tremor, slowness of movement and balance issues and found great relief from those symptoms by actively participating in the Rock Steady Boxing program at her old home in Kansas. Green Valley did not have a Rock Steady program when she first moved here, so as the pandemic eased, she began to train with Steve and Laura McMurtry, personal trainers at Quail Creek. They became interested in the Rock Steady Boxing program and opened Sahuarita Rock Steady Boxing in Green Valley. Kate continues to attend Rock Steady classes and views them to be of fundamental importance to her management of Parkinson's. Kate's advice to those who are new to Parkinson's is to join a support group, review and understand its activities, select those things to be involved with that appeal to you, and finally "Learn to take each day as it comes."

Did You Miss It?

February 7th SACK Class

Attendees watched a short video of a physical therapist offering tips for getting in and out of a car. Tips included an exercise to strengthen the muscle used to lift the leg, helpful devices, and how to place your hands. The video can be viewed at <https://www.youtube.com/@parkinsonsPT>

February 18th SACK Class

Dr. Ryan Austerman, a neurosurgeon from the Center of Neurosciences in Tucson shared slides and spoke about deep brain stimulation, a surgical treatment for Parkinson's disease.

SOLO

The support groups members who have lost loved ones met at Clarice L's home on February 23. Those who attended enjoyed lunch. Books on grief were available. Watch your daily emails for information about their next gathering.

PD in the News

The brains of people with Parkinson's have a high level of a particular cholesterol byproduct, which increases with age and may explain progression of the disease. Researchers from Wuhan University have discovered that this cholesterol byproduct contributes to the formation of Lewy bodies and the loss of dopamine-producing neurons in the brain. Stopping this byproduct could be a strategy for treating Parkinson's.

The researchers were able to destroy the enzyme that creates this cholesterol byproduct in mice. This successfully reduced the spread of the harmful alpha-Syn fibers and the damage to the dopamine neurons.

This study, which was published on February 18th, offers hope for slowing or even stopping Parkinson's disease.

<https://scitechdaily.com/scientists-just-found-a-cholesterol-clue-that-could-change-parkinsons-treatment/>

Book List for our Book Club



All members are welcome to join our Zoom Book Club meetings on the 2nd Tuesday of each month at 4:30 pm.

March: *The Measure* by Nikki Erlick

April: *Tom Lake* by Ann Patchett

May: *James* by Percival Everett

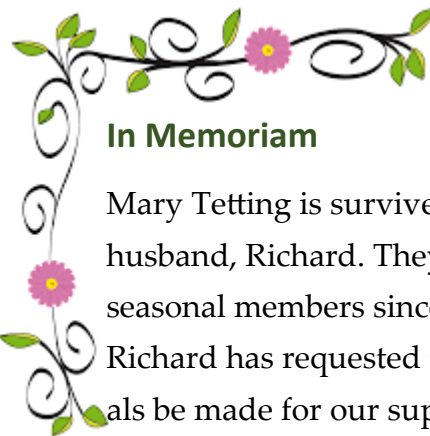
June: *Under the Java Moon* by Heather B. Moore

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



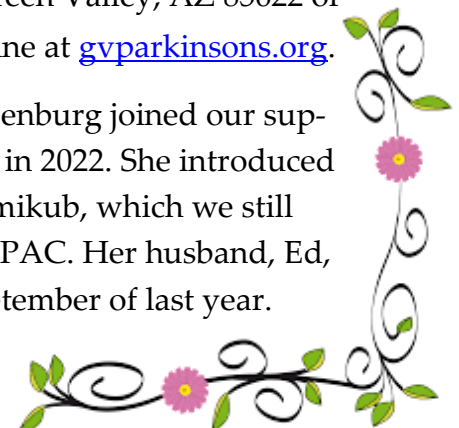
In Memoriam

Mary Tetting is survived by her husband, Richard. They have been seasonal members since 2017.

Richard has requested that memorials be made for our support group.

Please send checks to Parkinson's Support Group of Green Valley, PO Box 722, Green Valley, AZ 85622 or donate online at gvparkinsons.org.

Marcia Greenburg joined our support group in 2022. She introduced us to Rummikub, which we still play at the PAC. Her husband, Ed, died in September of last year.





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

WHY ENGLISH IS SO HARD

We'll begin with a box, and the plural is boxes,
 But the plural of ox becomes oxen, not oxes.
 One fowl is a goose, but two are called geese,
 Yet the plural of moose should never be meese.
 You may find a lone mouse or a nest full of mice,
 Yet the plural of house is houses, not hice.

If the plural of man is always called men,
 Why shouldn't the plural of pan be called pen?
 If I speak of my foot and show you my feet,
 And I give you a boot, would a pair be called beet?
 If one is a tooth and a whole set are teeth,
 Why shouldn't the plural of booth be called beeth?

Then one may be that, and three would be those,
 Yet hat in the plural would never be hose,
 And the plural of cat is cats, not cose.

We speak of a brother and also of brethren,
 But though we say mother, we never say methren.
 Then the masculine pronouns are he, his and him,
 But imagine the feminine: she, shis and shim!

~ANONYMOUS

Curt Ackley, Curator

THANK YOU TO OUR SPONSORS



Fry's Community Rewards
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