

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

April 2025

Message from the President



Suzanne Colley
President

"When you love someone with Parkinson's disease the goal is not perfection. The new standard for your relationship is simply for it to be good enough. Life with PD can be less than ideal and still be pretty good. That perceptual shift is under your control." Just food for thought during Parkinson's Awareness Month. John Goulet wanted to share this with our members. He saw it posted at Banner Sun Health Research Institute.

April is National Volunteer Month. Volunteers are the heart and soul of our Support Group. Without you there would be no organization. A big THANK YOU for all you do. Volunteering can help reduce stress, combat depression, help keep you mentally stimulated, and provide a sense of purpose.

April is Parkinson's Awareness Month. This year, instead of a special program we are encouraging you to try one of the many programs we offer every month that you have not attended before.

Commit to attending at least one of these.

Join the **Weekly Get Together** at Posada Java Thursday at 9 am.

Try **Chair Class** on M, W, or F at 9 am at the Presbyterian Church.

Play **Rummikub** on Monday at the PAC 1-3:30.

Pole Walking - grab a set of walking poles or borrow ours on Tuesday and Saturday. Check the daily email for the place and time.

Rock Steady Boxing is M-W-F. Contact Laura or Steve McMurty at 520-548-2358 for more information.

Senior Cardio Tuesday and Thursday at 11 at the PAC.

Reader's Theater & LOUD Crowd meet every Thursday starting at 2:15 at the PAC.

Group Sharing Meetings at 1:30 at Friends In Deed on the third Wednesday each month.

Lunch Bunch the fourth Tuesday each month at Triple Play.

Meet & Greet Breakfast the second Tuesday each month at AZ Family.

SACK Classes

Friday, April 4

1:30 pm at the PAC

Speaker: Lisa Stinchcomb from Acadia will give an in-person talk.

Topic: Hallucinations and delusions

This is a sponsored talk and so Acadia's medication to treat these symptoms will be promoted by the speaker. Refreshments will be provided.



Tuesday, April 15

1:30 pm at the PAC

Speaker: Slide Presentation

Topic: Parkinson's Basics

This one is for newly diagnosed people with PD and their partners. Because it is Parkinson's Awareness Month, the public who want to learn more about Parkinson's will be invited.



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

Opening an Endowment Account, Part 3

How the Endowment Works

The initial funding for the endowment account was made from the group's treasury. This will be augmented by additional investments as donors provide funds through estate and strategic financial planning. The fund will be managed by Greater Green Valley Community Foundation (GGVCF), which will invest the principal amount in a diversified portfolio. The returns generated from these investments will be used to support our support group's activities. Importantly, the principal remains intact, ensuring

that the endowment continues to grow and provide financial support in perpetuity.

Transparency and Accountability

The GGVCF is committed to maintaining transparency and accountability in all its operations. Regular reports will be provided to our board, detailing the performance of the endowment and the allocation of funds. This ensures that our members can have full confidence in the management and use of the endowment.

Need a Ride?



Try dial-a-ride. Sun Shuttle provides this curb-to-curb service if you are traveling within Green Valley/Sahuarita area. Currently, it is free.

How does it work? Call 520-792-9222 one to seven days before the day of travel. When scheduling, you'll need to give your name, date of travel, departure location, destination, and desired arrival time. It is available on a first-come, first-served basis so scheduling seven days ahead might be better than waiting until the day before you want to use the service. You can cancel by calling by 6 pm the day before your scheduled trip.

The service is available from 6 am to 7 pm on weekdays and 9 am to 3 pm on Saturdays.

On the day of your scheduled pick-up, be ready at least 5 minutes early. Wait where the driver can see you.

For details and a map of the service area:

<https://www.suntran.com/wp-content/uploads/2021/06/Sun-Shuttle-GV-SAH-DAR-AUG19-Copy.pdf>

Senior Cardio Boxing Video

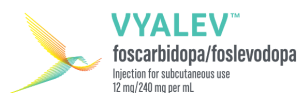
Join the Senior Cardio Boxing group at the PAC. Tuesdays & Thursdays at 11 am
View video below.



<https://www.youtube.com/watch?v=N15J-I5Yqf0>

Did You Miss It?

March 18th SACK Class



Stacy Rollins spoke in person to the group about a new delivery method for

carbidopa/levodopa, Vyalev, subcutaneous levodopa therapy developed by Abbvie. The liquid medication is delivered by a pump, but unlike Duopa (another Abbvie product), surgery is not necessary with Vyalev. This method supplies steady medication 24 hours a day. Clinical trials showed that participants gained two hours daily of "on" time. It is not yet paid for by Medicare, but Stacy expected that the application process would be completed by this summer. Learn more at www.vyalev.com/






ANNUAL MEETING & POTLUCK FRIDAY, MAY 2, 2025

Valley Presbyterian Church
Be seated by noon
Bring a dish to share

**Note: The annual meeting will have important information to share.
Please plan to attend.**

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am Art with Bonnie 1:15 pm	2 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	3 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	4 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am SACK Class 1:30 pm	5 Meditation & Movement 9:00 am Zoom Pole Walking Canoa Ranch Lake 9:30 am
6	7 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm Rummikub 1:30 pm	8 Meet & Greet 9:00 am Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm Book Club Zoom—4:30 pm	9 Golfing Exercise Class & Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing 11:30 am	10 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	11 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	12 Meditation & Movement 9:00 am Zoom Pole Walking Canoa Ranch Lake 9:30 am
13	14 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm Rummikub 1:30 pm	15 Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm SACK Class 1:30 pm	16 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Group Sharing Meeting FID—1:30 pm	17 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	18 Exercise Class & Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing 11:30 am	19 Meditation & Movement 9:00 am Zoom Pole Walking Canoa Ranch Lake 9:30 am
20 	21 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm Rummikub 1:30 pm	22 Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am Lunch Bunch 12:15 pm PAC 1:00-3:30 pm	23 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Women with PD Zoom—3:00 pm	24 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	25 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Volunteer Appreciation 4:00 pm	26 Meditation & Movement 9:00 am Zoom Pole Walking Canoa Ranch Lake 9:30 am
27	28 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm Rummikub 1:30 pm	29 Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm	30 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Women with PD Zoom—3:00 pm	 Go to www.gvparkinsons.org for more information All highlighted activities take place at the PAC (555 N La Canada Drive, Green Valley)		

Meet the People Behind the Names

By Larry Westfall

Well, here we go again – this month we are featuring Diane “Unnamed Baby Girl” Price. If you are curious about the “Unnamed” business read on. And don’t forget to let me know if there is someone you would like to see featured in a future column (phone 830 370-5919).

Diane Stewart Price

Diane Stewart was born in 1955 in Utah to parents Guy and Ruby Stewart. Diane was one of six children in the family – she had four sisters and a brother. Her father was in sales and his job moved him from place to place, so Diane moved often. She attended more than four high schools before graduating in Blackfoot, Idaho, in 1973. She was on her own at this point, having left the Stewart household at a young age, going to school, working and living in her own apartment. Diane grew up in a musical household and remembers family singing engagements at their church. Later in life she sang Baritone (Alto) in an award-winning Sweet Adelines Women's Barbershop Chorus called The Blue Lake Chorus in Portland, Oregon, for seven years winning regional competitions which resulted in attending three international competitions.

Diane married early and has two children – Daniel and Nichole – whom she raised as a single mom. While doing this she held jobs in human resources, safety and risk management, including several years working at Tidewater Barge Lines in Washington State, following her career at CTRAN, the regional transportation company in Vancouver, Washington. At CTRAN she met her future husband, Cliff Price. Cliff was on his second career as he retired from the Coast Guard in 1987 as a Master Chief and came to CTRAN as a Facility Maintenance Manager. Diane and Cliff were walking buddies at lunch time and as sometimes happens, they fell in love and married in 1998 and remain happily married to this day. Cliff has one adult child of

his own. They have five grandchildren. As Cliff tells it, on their 10th anniversary, not knowing what to buy Diane as a gift, he suggested that she just quit her job. She accepted this gift and left her position of 13+ years in May 2008.

On 9/11/2000, being very interested in alternative healing modalities, Diane started school at night and on weekends. She attended classes for



Diane Stewart Price

18 months to get her license to practice Massage Therapy and Reflexology from the state of Washington. She worked in this career field for several years in Washington State, sharing an office space with another massage therapist until she took her business home when she left work in 2008. She continues to love reflexology. She has volunteered at the PAC, giving two reflexology

sessions each Monday afternoon, asking only for a donation to our support group as payment. She is not taking reservations at this time. She also enjoys walking, cooking and reading.

After traveling in their motor home for several years, they wintered in Apache Junction, AZ, in a 55+ community and couldn't believe the difference in the lifestyle. They sold everything in Washington state, home, RV, park model in Apache Junction and retired to the Green Valley Quail Creek community in 2020.

Diane was diagnosed with Parkinson's Disease in January 2021 and found early on that she could not tolerate the side effects of several Parkinson drugs, but her doctor finally found one that she can take without any adverse effects.

Read the full story here: <https://gvparkinsons.org/wp-content/uploads/2025/03/Diane-Stewart-Price.pdf>



7th World Parkinson Congress Coming to Phoenix

It is a year away, but this is a WORLD conference. It will probably never again

be so close in our lifetime. Plan ahead!

The event will be held from May 24-27, 2026, in Phoenix. This is an international event and will showcase the latest developments concerning Parkinson's including scientific and clinical research, rehabilitation research, education and training, and quality of life issues.

Nearby hotel rooms can be reserved through the conference website starting August 4th. There will be a limited number of travel grants offered to people with PD who are active in their communities. Whether you are a person with PD or a care partner, you can even sign up to be paired with a buddy from another country to experience the event together. A sketchy itinerary is available on the website: WPC2026.org

Book List for our Book Club



All members (people with PD, care partners, and past care partners) are welcome to join our book club. The meetings are held on Zoom at 4:30 pm on the second

Tuesday of the month. Watch the daily emails for the link.

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

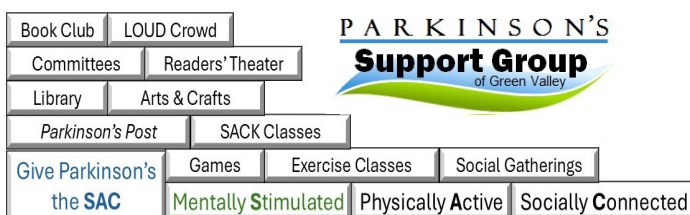
January: *Two Old Women* by Velma Wallis

Getting to Know our Support Group

By Charlene Ostlund

"Give Parkinson's the SAC" is more than the support group's motto; it is the cornerstone of our programs. The three components of the acronym SAC (mentally Stimulated, physically Active, and socially Connected) make up the foundation upon which our activities and other programs are supported.

This month I will focus on mentally Stimulated, and in this column in following months, I will highlight the other components. You will notice that the three overlap.



The bricks in the diagram show our activities/programs that help our members stay mentally stimulated. Exercise classes? Social gatherings? Yes. Exercise increases blood flow to the brain, which carries nourishment and removes waste. Learning new exercises and mirroring dance moves (more plate dancing!) stimulates the neurons in the brain.

Neuropsychologists credit the importance of socializing for brain health even more than exercise. Listening to others and responding activates the brain.

Remember that the brain has two halves. Arts and crafts stimulate the right side of the brain. Some people with Parkinson's notice an increase in creativity after diagnosis. It could be due to the medication. It could be neuroplasticity—building new pathways in the brain to compensate for dopamine loss in other parts. Whatever the reason, come and try art with Bonnie at the PAC starting April 1 at 1:15 pm.

The important thing is to participate in the programs the support group offers. If transportation is an issue, refer to the article in this issue about Dial-A-Ride.



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
SIGNS ALONG THE WAY**

**FROG PARKING
ONLY
ALL OTHERS
WILL BE TOAD**

**THIS IS MY
STEP LADDER
I NEVER KNEW
MY REAL LADDER**

**IS THERE EVER
A DAY THAT
MATTRESSES
ARE NOT ON SALE?**

**WHAT HAPPENS IF
YOU GET SCARED
HALF TO DEATH
TWICE?**

**MY WIFE SAID I
NEVER LISTEN TO
HER, OR SOMETHING
LIKE THAT**

**I CHECKED INTO
THE HOKEY POKEY
CLINIC & I TURNED
MYSELF AROUND**

**I WANT TO GROW
MY OWN FOOD
BUT I CAN'T FIND
BACON SEEDS**

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