

# 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

**May 2025**

## Message from the President



Suzanne Colley  
President

This is my last letter as president of the Support Group. It has been fun, exciting and at times sad over the three years. The membership has consistently been at 300 plus. Developing the PAC as a homebase to operate from has provided

the opportunity to try new programs – some caught on and others didn't. It also provides visibility in the community. Those touched by PD have a local place for information and resources. The Board of Directors now has a full contingent of officers and under Charlene's leadership will continue to develop and serve our members. You continue to be very generous with your donations which are a major source of income for the organization. We couldn't do any of this without YOU !

**Plan to attend the Spring Luncheon and Annual Meeting at noon on Friday, May 2nd at the Valley Presbyterian Church.** Text your reservation to 520-275-3521 with your name and how many will attend. Hope to see you there.

## Summer Break...Almost



Next month you will notice that the *Parkinson's Post* will be shorter. The newsletter staff will be taking their summer break by producing a shorter version for June, July, and August.

## May Pause

There will also be a pause in the daily email reminders for a couple of weeks in the middle of May. If you print the calendar from this issue, you won't miss the email reminders.

## Opening an Endowment Account, Part 4

**Looking Ahead**—The establishment of the endowment account with the GGVCF is a forward-looking decision that positions our support group for sustained success and growth. It reflects our commitment to securing a brighter future for our members and ensuring that we can continue to provide the highest level of support and care.

**How You Can Help**—While the endowment is a significant step towards financial stability, we continue to rely on the generosity of our members and supporters. Donations from our annual campaign will continue to fund our current programs and are vitally important to us, but members may wish to consider including the Parkinson's Support Group of Green Valley in their estate plans or should they have sufficient funds, also contribute to our longer-term financial needs. Contributions to the endowment are welcome and will directly impact our ability to serve the Parkinson's community. Additionally, spreading the word about our partnership with the GGVCF can help attract further support and resources.

**Conclusion**—In conclusion, the board's decision to open an endowment account with the Greater Green Valley Community Foundation marks a pivotal moment in our journey. It is a testament to our dedication to creating a lasting and positive impact on the lives of those affected by Parkinson's disease. We are confident that this partnership will enable us to achieve our mission with renewed vigor and effectiveness, including the goal of hiring an administrator to support our volunteers.

Thank you for your continued support and commitment to our cause. Together, we can make a difference and build a future where those affected by Parkinson's disease receive the care, support, and resources they deserve.

## Did You Miss It?

### April 4th SACK Class

Lisa Stinchcomb from Acadia Pharmaceuticals spoke about hallucinations and delusions. She emphasized that hallucinating and having delusions doesn't mean that you're going crazy. Not everyone with Parkinson's experiences them. While they are generally visual, they can be auditory or olfactory. Hallucinations become more concerning when the person doesn't recognize that they are hallucinations. Learn more by viewing the video at the link below:

<https://www.parkinson.org/library/videos/hallucinations-delusions>

### Rock Steady Boxing Fight Back Fundraiser

Rock Steady Boxing Sahuarita held a Punch-a-thon April 11<sup>th</sup>. Each of the boxers demonstrated their endurance by punching a bag for a full minute. Guests of all ages cheered the boxers'

efforts. After working up an appetite, everyone enjoyed a potluck lunch.

If you are considering joining the class, you are welcome to come any Monday, Wednesday, or Friday at 11:30 am to observe.

### April Group Sharing Meeting

Christy W. shared tips learned from her husband's difficult, unexpected hospital stay including items that you will want to have packed and ready for your next hospitalization.

The Parkinson's Foundation has a free *Hospital Safety Guide* and helpful forms. You can order printed copies or download them. Be prepared ahead of the next emergency.

<https://www.parkinson.org/resources-support/hospital-safety-guide>

## Freezing in Southern AZ in May?

In Parkinson's, the term "freezing" refers to a temporary inability to move. So, yes, you might freeze even when the thermometer is showing 3-digit readings. Freezing feels like your feet are glued to the floor. You may notice it when trying to initiate movement, walking through a doorway, walking in a crowded space, or anytime/anywhere.

Not everyone with Parkinson's experiences freezing. 30-67% of people diagnosed with the disease have this symptom. It is more common in the later stages of the disease.

It is more than just frustrating. It can cause falls. Sometimes the upper body goes forward while the feet remain stuck in place. Then when the freeze breaks, the feet hustle to catch up and might not stop when you want them to do so.

The Davis Phinney Foundation website offers six actions to help minimize your freezing of gait and the 5S method for getting unstuck.

<https://davisphinneyfoundation.org/6-ways-to-reduce-parkinsons-freezing-of-gait/>

The Parkinson's Foundation website gives tips on how to overcome a freezing episode and best practices for how a friend or family member can help. [www.Parkinson.org/Freezing](http://www.Parkinson.org/Freezing)

### Smart Shoes for Freezing

There are now smart shoes that detect gait events in real-time and provide vibrotactile feedback to the wearer to improve gait. The shoes are called NUSHU, and you can see how they work at the PWR!Gym in Tucson (4343 N. Oracle Rd. #171). Call the gym at (520) 591-5346 for more information.

## In Memoriam



Jack Cornell died in January of this year. Jack joined our support group in 2018 as a care partner for his wife, Carole. A year later, he, too, was diagnosed with Parkinson's. He will be remembered for his positive attitude and love of biking.

Mary Headly survived by Barb Simmons

Kathy Simmons survived by Lloyd Simmons

# May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>PARKINSON'S</b>  <b>Support Group</b>  of Green Valley</p> <p>Go to <a href="http://www.gvparkinsons.org">www.gvparkinsons.org</a>  for more information</p> <p>All highlighted activities take place at the PAC  (555 N La Canada Drive, Green Valley)</p>				<p><b>1</b> 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>2</b> Exercise Class &amp; Video  9:00 am</p> <p>Rock Steady Boxing  11:30 am</p> <p><b>ANNUAL MEETING NOON</b></p>	<p><b>3</b> Pole Walking  Canoa Ranch Lake  9:30 am</p>
<p><b>4</b></p>	<p><b>5</b> Exercise Class &amp; Video  9:00 am</p> <p>Rock Steady Boxing</p> <p>PAC  1:00-3:30 pm</p>	<p><b>6</b> Meet &amp; Greet  9:00 am</p> <p>Pole Walking  Sahuarita Lake  9:30 am</p> <p>Senior Cardio  11:00 am</p> <p>PAC  1:00-3:30 pm</p>	<p><b>7</b> Golfing</p> <p>Exercise Class &amp; Video  9:00 am</p> <p>Rock Steady Boxing  11:30 am</p>	<p><b>8</b> 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>9</b> Exercise Class &amp; Video  9:00 am</p> <p>Rock Steady Boxing  11:30 am</p>	<p><b>10</b> Pole Walking  Canoa Ranch Lake  9:30 am</p>
<p><b>11</b></p> <p>Happy Mother's Day</p>	<p><b>12</b> Exercise Class &amp; Video  9:00 am</p> <p>Rock Steady Boxing</p> <p>PAC  1:00-3:30 pm</p>	<p><b>13</b> Pole Walking  Sahuarita Lake  9:30 am</p> <p>Senior Cardio  11:00 am</p> <p>PAC  1:00-3:30 pm</p> <p>Book Club  Zoom—4:30 pm</p>	<p><b>14</b> Golfing</p> <p>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>15</b> 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>16</b> 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>17</b> Pole Walking  Canoa Ranch Lake  9:30 am</p>
<p><b>18</b></p>	<p><b>19</b> Exercise Class &amp; Video  9:00 am</p> <p>Rock Steady Boxing</p> <p>PAC  1:00-3:30 pm</p>	<p><b>20</b> Pole Walking  Sahuarita Lake  9:30 am</p> <p>Senior Cardio  11:00 am</p> <p>PAC  1:00-3:30 pm</p>	<p><b>21</b> Golfing</p> <p>Exercise Class &amp; Video  9:00 am</p> <p>Rock Steady Boxing  11:30 am</p> <p>Group Sharing Meeting  FID—1:30 pm</p>	<p><b>22</b> Weekly Get Together  9:00 am</p> <p>Senior Cardio  11:00 am</p>	<p><b>23</b> Exercise Class &amp; Video  9:00 am</p> <p>Rock Steady Boxing  11:30 am</p>	<p><b>24</b> Pole Walking  Canoa Ranch Lake  9:30 am</p>
<p><b>25</b></p>	<p><b>26</b></p> <p>MEMORIAL DAY</p>	<p><b>27</b> Pole Walking  Sahuarita Lake  9:30 am</p> <p>Senior Cardio  11:00 am</p> <p>Lunch Bunch  12:15 pm</p> <p>PAC  1:00-3:30 pm</p>	<p><b>28</b> Golfing</p> <p>Exercise Class &amp; Video  9:00 am</p> <p>Rock Steady Boxing  11:30 am</p> <p>Women with PD  Zoom—3:00 pm</p>	<p><b>29</b> Weekly Get Together  9:00 am</p> <p>Senior Cardio  11:00 am</p>	<p><b>30</b> Exercise Class &amp; Video  9:00 am</p> <p>Rock Steady Boxing  11:30 am</p>	<p><b>31</b> Pole Walking  Canoa Ranch Lake  9:30 am</p>

## Meet the People Behind the Names

By Larry Westfall

*This month I am featuring a caregiver instead of someone with Parkinson's Disease. The spotlight is on Sue Colley, our president, who will depart her office in June of this year. Thank you Sue for all you do for us!*

### Suzanne (Sue) Colley

Sue Stoeckinger (Maiden Name) is another Indiana Hoosier by birth, as she was born and grew up in Granger, Indiana – a small town near Mishawaka. Sue graduated from Penn High School in 1965 and went on to attend Indiana University at South Bend. She worked while attending and graduated with a BA Degree in Sociology in 1976. During this period, she married and had two children – Michelle, who now lives in Nashville and Caroline, who lives in South Bend. Sue has three grandchildren – Ashley, Robyn and Nathan.

Sue moved to Cass County, Michigan (just across the border from Indiana) and lived there for several years. From the outset her work career took the path of charitable organizations, working early on as the director of a coordinated child care center and subsequently becoming a consultant to companies and organizations seeking to establish childcare facilities. In 1986 her career took a turnaround, as she became the Executive Director for the Cass County Council on Aging in Cassopolis, Michigan. She retired after eighteen years at the COA in 2004.

Sue married a second time to Jim Love in 1986. She jokingly describes the day they married as a very busy one, since she got married, purchased a house and held a board meeting at her workplace all in the same day. (This doesn't surprise me as Sue continues to juggle many things successfully here at the support group.) Following his retirement, Sue and Jim decided to leave the wintry upper Midwest and following a brief introductory visit, they moved to Green Valley in 2005. He was diagnosed with Parkinson's in 2009 and passed from an unrelated medical condition in 2021.



Sue Colley

Sue and Jim joined our support group soon after his diagnosis and participated from the start in various activities. Despite the home care responsibilities with Jim, Sue became active in volunteering to take on various jobs for our group. She joined our board of directors in 2016, served as secretary and vice-president and then took on the top job of president in 2021. She completed her term of two years and then agreed to stay on for a third year, guiding the organization in its development, serving our Parkinson's mission.

Sue plans a long summer vacation away from Green Valley soon after she leaves the Presidency – a much-earned rest for someone who has given of herself endlessly to our benefit. We all wish her well. When she returns she intends to continue as a member of our Board of Directors and an active participant in our volunteer-supported organization. Thanks once again, Sue. You are a volunteer extraordinaire!

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### 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.

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

Researchers haven't yet come up with the magic pill that cures Parkinson's. The only known way to slow the progression of the disease is exercise. Staying physically active has always been one of the foundation blocks of our support group.

Our free **chair exercise class** started in 1992-93—over 30 years ago. Our beloved Mia Lee Cooper, a certified personal trainer, has led the class since 2009. The exercises work on flexibility, strengthening, and balance. The pace of the class also increases endurance. The class meets at 9:00 am on Mondays, Wednesdays, and Fridays at Valley Presbyterian Church (VPC). (We are grateful to VPC for providing the space.) Care partners are welcome (even encouraged) to join their loved ones with PD in the class. This class should not be considered respite time for caregivers, especially if the person with PD is a fall risk. Besides, exercise is great for stress relief. If you have never attended the class, just show up. Steve will welcome you, and B.J. will start things off with a joke or two. <https://gvparkinsons.org/chair-exercise-class/>

Can't come to class? Too early in the day? No problem. The classes are recorded and posted on our YouTube channel. Exercise at home at a time that works for you.

Aerobic exercise is important, too. Try our twice-weekly **Nordic pole walking** sessions. Pole walking also works core muscles and coordination. Our group meets at Sahuarita Lake on Tuesdays and at the Historic Canoa Ranch on Saturdays. During the summer months, the walkers start at 9:30 am. Poles can be substituted with walkers or other mobility devices. Enjoy the beauty and wildlife of these areas.

Our **exercise assistance program** supports your other efforts to exercise that require a fee. Fill out the exercise reimbursement form found on our website [gvparkinsons.org](https://gvparkinsons.org) and mail it to Parkinson's Support Group, PO Box 714, Green Valley, AZ 85622. This benefit for members will be reim-

bursed up to \$300 per year.

The Country Club of Green Valley has long offered our members with Parkinson's a great deal: **golf** on Wednesdays for a monthly fee of \$25. Call the golf course for details. [520.625.8806](tel:520.625.8806)

**Rock Steady Boxing Sahuarita** offers three-times weekly classes with exercises designed specifically for people with Parkinson's. There is a fee for RSB. Contact Laura McMurtry for information. [480.881.3464](tel:480.881.3464)

**Senior Cardio** is an energetic class that includes boxing moves. It is led by Sue Jones at 11:00 am on Tuesdays and Thursdays at the PAC. There is a \$5 fee for each session.

There are advantages to joining classes or exercising with a group, such as pole walking: 1) You are less apt to find excuses to skip exercising. 2) Camaraderie with the members of the class/group makes them feel-good activities.

### Save the Dates:

Summer potlucks: June 6 & August 1

### DEEP THOUGHTS

#### Perks of reaching 60 or being over 70 and heading towards 80!

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run—anywhere.
4. People no longer view you as a hypochondriac.
5. There is nothing left to learn the hard way.
6. Things you buy now won't wear out.
7. You can eat supper at 5 pm.
8. Your supply of brain cells is finally down to a manageable size.
9. You can't remember who sent you this list.

*Curt Ackley, Curator*

## Words of appreciation to our volunteers from our members:

Thank you for volunteering. You are such a help!

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I am so glad that Green Valley is a friendly and caring community. Thank you for your generous giving of your time.

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We want to let you know how very much we appreciate all the things you do to make our GV support group so good. It just amazes us at the many opportunities this organization offers—multiple activities, six days a week! We have nothing this comprehensive back in Indiana. Thank you, ALL!

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Thank you, Parkinson's Support Group of Green Valley!! You have such amazing and hard-working volunteers.

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A great big thank you to all the volunteers that contribute to the success of the Green Valley Parkinson Support Group! It is your support, enthusiasm, and willingness to step in to make the success that it is today. I want to express my sincere gratitude to all of you!

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We send our many, many thanks for all your

efforts to keep the Parkinson Group in Green Valley viable. Your work is truly appreciated. Thank you.

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An attractive bunch...(watercolor picture of garden flowers)...Just look at us like a garden of similar situation. How grateful I am for the volunteers of the PAC. They make our community much prettier, wouldn't you agree?

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I am truly grateful for your generous giving of time, talent, and the joy you brought us during the past year. The kindness you've provided us means so much more than you can imagine!

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To all the many volunteers who give their TIME, TALENT, and TREASURES to our support group. We appreciate YOU! Thank you!

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My sincere thanks to the members of the Parkinson's Support Group. As a caregiver, I appreciate the love, support, encouragement and concern we receive from this wonderful group.

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...and many more!

## THANK YOU TO OUR SPONSORS



Quail Creek  
Lady Golfers



**Fry's Community  
Rewards**  
Enroll online

### **Parkinson's Post Publication**

*Thanks to these volunteers who made this publication possible.*

Curt Ackley  
Sue Colley

Bonna Cunningham

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