

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

1:00 PM to 3:30 PM

520-372-2368

June 2025

Message from the President



Charlene Ostlund
President

This is our shorter, summer version of the *Parkinson's Post*, which reflects the quieter months here in Green Valley. That doesn't mean that our support group shuts down during the summer. Oh, no! As a matter of fact, it's a good time to try something new.

The make-and-take card making sessions in May were fun with a mix of people with PD, partners, and alum partners participating. Our SOLO group tried something new—a murder mystery activity. Let's bring back ping pong now that it's too hot to pole walk. I encourage you to try a new activity this summer. Why not join us at Arizona Family Restaurant on the 2nd Tuesday of the month at 9:00 for breakfast or just coffee and friendly conversation?

FYI-- Group physical therapy: Movement for Life, a new physical therapy business in Green Valley Village, has a group physical therapy class for Parkinson's. The providers were trained at the PWR!Gym. They reached out to us to spread the word. You don't need a referral to join the group. Insurance does not cover the class. Call (520) 365-0750 for more information.

True story: A couple named Rita and Bill Hinkle from Sahuarita joined our support group in 2010. Rita was active in the Women with Parkinson's group and was editor of the *Parkinson's Post* for a time. She passed away in 2022. Her obituary listed her grandchildren including Jayse Hinkle, who is a 2025 graduate from Sahuarita High School.

During Jayse's senior year, he worked on a research project in search of a cure for Parkinson's. His mentor on the project was impressed with his work.

In the fall, Jayse will be attending the University of Arizona studying neuroscience. Our support group has granted him a scholarship. This was not an expected expenditure. Some of our members have made donations to the support group designating that the money goes to his scholarship.

We wish Jayse success in his studies. I have no doubt that Rita would be proud of her grandson's efforts to cure Parkinson's disease.



Rita & Bill Hinkle



Mary & Larry Westfall
with our scholarship recipient
Sahuarita High School Senior Jayse Hinkle

Dispelling the myths of hospice

By Ala'Di Goodman, RN, Executive Director Soulistic Hospice, A Non-Profit Service

When I mention the word 'hospice' some think, "That's not for me!" It might not be at this time; however, anyone can become an advocate for others who do need help - perhaps someone from your church, a neighbor, a friend or a relative. When one of our Registered Nurses does a no-cost assessment to evaluate if someone might be eligible for hospice services, some of what they assess includes a person's physical decline over the past year such as weight loss, falls, infections, increased fatigue and weakness, frequent visits to the doctor or hospital, and the amount of assistance and care they need.

Often it is a spouse or family member who cares for their loved one at home. Hospice care assists not only with physical needs, but also with the spiritual, financial, and emotional needs of both the patient and the family/caregiver. It also provides relief (respite care) for the caregiver and assists with bathing, personal care and light housecleaning.

Hospice care places an emphasis on keeping the patient in their own home if possible, and has a team that consists of nurses, physicians, social workers, and spiritual-care coordinators, to name a few. Hospice provides medical equipment such as hospital beds, wheelchairs, etc., as well as medications and incontinent supplies.

Hospice focuses on comfort care, which includes relief of pain and other uncomfortable symptoms. This choice is made when curative care is no longer recommended because it is not adding to a person's quality of life. Here are some common myths about hospice:

Myth #1: Hospice is only for the last days or weeks of life.

Truth: Research shows that families benefit the most when they have more time with hospice care than only days or weeks. Hospice care can be provided for up to 6 months and sometimes longer if a person still qualifies.

Myth #2: Hospice care is expensive.

Truth: Most people over 65 years old are entitled to the Medicare Hospice Benefit which covers hospice services 100%. Hospice care is also covered by AHCCCS/Medicaid and most private insurances. As a non-profit service, Soulistic Hospice provides quality hospice care regardless of ability to pay.

Myth #3: Hospice is a place; you have to leave your home.

Truth: Hospice care takes place wherever you call home - usually this is in the patient's private home but sometimes it is in an Adult Care Home, Assisted Living Facility or a Nursing Home.

Myth #4: Hospice can only help when family members are available to provide care.

Truth: We recognize that people with a life limiting illness may live alone, or with family members who are unable to provide care. Therefore, we will assist with the coordination of in-home care or help you to find an alternative safe location.

Myth #5: Hospice is only for people with cancer.


Truth: Hospice provides care for people with many life-limiting illnesses such as Heart, Lung, Kidney or Liver disease, as well as chronic conditions such as Diabetes, Parkinson's disease, Dementia, Alzheimer's and Neuromuscular diseases. We specialize in comfort care for those who qualify with any condition, including the advanced aging process.

Myth #6: Hospice will hasten death.

Truth: Hospice neither quickens death nor prolongs life. Our focus is on comfort care and quality of life. Statistics show that those who receive hospice care at the right time actually live longer than those with a similar diagnosis who are not receiving hospice care.

For more information, call Soulistic Hospice at 520-398-2333 or email info@soulistichospice.org.

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	3 Senior Cardio 11:00 am PAC 1:30-2:30 pm	4 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	5 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	6 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am POTLUCK 1:00 pm	7
8	9 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	10 Meet & Greet 9:00 am Senior Cardio 11:00 am PAC 1:30-2:30 pm Book Club Zoom—4:30 pm	11 Golfing Exercise Class & Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing 11:30 am	12 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	13 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	14
15	16 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	17 Senior Cardio 11:00 am PAC 1:30-2:30 pm SACK Class 1:30 pm	18 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Group Sharing Meeting FID—1:30 pm	19 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	20 Exercise Class & Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing 11:30 am	21
22	23 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	24 Senior Cardio 11:00 am Lunch Bunch 12:15 pm PAC 1:30-2:30 pm	25 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Women with PD Zoom—3:00 pm	26 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	27 Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	28
29	30 Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	<p style="text-align: center;">  P A R K I N S O N ' S Support Group of Green Valley Go to www.gvparkinsons.org for more information All highlighted activities take place at the Parkinson's Activity Center (555 N La Canada Drive, Green Valley) </p>				

Book List for our Book Club



Book Club did not meet in May, so the books on our list have been moved back a month. 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.

Jun: *James* by Percival Everett

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

Aug: *The Paris Library* by Janet Skeslien Charles

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

Oct: *The Paris Novel* by Ruth Reichl

Jan: *Two Old Women* by Velma Wallis

DEEP THOUGHTS

Family Tree of Vincent Van Gogh

His dizzy aunt → Verti Gogh

His brother who ate prunes → Gotta Gogh

His magician uncle → Where-diddy Gogh

His Mexican cousin → A Mee Gogh

The constipated uncle → Can't Gogh

The sister who loved disco → Go Gogh

The brother with low back pain → Lum Bay Gogh

I saw you smiling... there ya Gogh! 😊🎨

Curt Ackley, Curator



Spring Luncheon & Annual Meeting, May 2, 2025

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

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

GV Support Group

PO Box 714

Green Valley AZ 85622

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