

# 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

July 2025

## Message from the President



Charlene Ostlund  
President

It's hard to believe that 20 years have passed since John and I moved here. Since nearly everyone in Green Valley has come from somewhere else after retiring, 20 years practically makes me a native. I guess that's why it's easy to forget that some of you haven't been here that long and may even be new to the area. Perhaps you will find some of the resources below useful:



**Pima Council on Aging** now has office hours on Wednesdays at Green Valley Council (GVC), which is in the same building as the PAC. Its website <https://pcoa.org/ways-we-help/> lists the many ways that it can help you divided into four groups: In-Home Support; Aging Well; Caregiving; and Money, Legal, and Planning. Who doesn't need help in those areas? PCOA's helpline is (520) 790-7262.

Tired of cooking? PCOA offers **Pima Meals on Wheels**. Another option is **Mobile Meals of Southern Arizona** 520-622-1600, which can accommodate special diets. La Posada Community Services has a **Senior Lunch Program**. For information about that program, contact Carla at 520-393-6814. The suggested donation is just \$3 a meal. Two of the local churches (Lutheran Church of the Risen Savior and United Methodist Church of Green Valley) offer free lunches on certain days during the month. The lunches at the Methodist church are cancelled during the summer months. Go to their websites for more information:

<https://risen-savior.com/s-o-u-l-lunch/> and  
<https://www.umcgv.org/>

Living alone? Consider signing up for a daily wellness phone call. Let's face it, falls can happen. Those falls can cause injuries that might prevent you from calling 9-1-1. The Sheriff's Auxiliary Volunteers have a free program called **TeleCare**. If interested, leave a message at (520) 351-6706.



Need to talk? Whether you are lonely or stressed, there are people who will listen. One option is **Green Valley Cares**. Reach them at (520) 440-4457 or

[GVCares@outlook.com](mailto:GVCares@outlook.com). Many of the local churches train **Stephen Ministers** to offer care to people who are hurting. A Stephen Minister typically meets with a person once a week for about an hour.

Need respite time? Look for the Green Valley Health Services Directory at the GVC office or at Friends in Deed for a listing of **home care agencies**. Set up a tour of **Adult Day Services** at La Posada Community Services by calling 520-393-6835 or sending an email to: [adultday@casagv.org](mailto:adultday@casagv.org). The fee for Adult Day Services is \$95 per day, but they may be able to give you information to apply for funding.

Maybe you are already taking advantage of the programs offered by **Santa Rita Fire Corps**: Smoke alarm battery program (520) 393-7505, Lock Box Program (520) 625-9400, Desert Pest Removal (520) 629-9200, and Chirping Smoke Detector (520) 629-9200. Call 911 if you need help getting up after falling—this service is free unless transportation to a hospital is necessary.

**Why not pick one of these resources to contact today?**

Charlene

## Did You Miss It?

### June 17th SACK Class

Truthfully, nearly everyone missed it. Nonetheless, the information was important, especially to those of you with cognitive decline—even mild cognitive changes—and your caregivers. There is a program called **GUIDE (Guiding an Improved Dementia Experience)** Model. The goals of GUIDE are to improve the quality of life for people living with dementia, enhance support for caregivers of people living with dementia, and help people living with dementia stay in their homes and communities longer. One of the benefits of the program is respite services and 24/7 access to a care team member/helpline. Here's the catch—you must have original Medicare Parts A & B.

Learn more at <https://www.cms.gov/priorities/innovation/innovation-models/guide> or call Right at Home In Home Care & Assistance (520) 777-4175.

## Mark Your Calendar!

### July 15th SACK Class

#### How to Improve Communication



Our July SACK Class will be presented by member Peg Evans-Brown. She'll be giving us insight into how to improve communication between persons with PD and their partners. You won't want to miss it! Mark your calendar for July 15 at 1:30 pm at the PAC.



THE MICHAEL J. FOX FOUNDATION  
FOR PARKINSON'S RESEARCH

#### Some Positive News

The spring/summer mailing from The Michael J Fox Foundation reported that currently there are at least 75 drugs in clinical testing for the potential to slow or stop PD progression.

## 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.

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

Aug: *The Paris Library* by Janet Skeslien Charles

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

Oct: *The Paris Novel* by Ruth Reichl


Jan: *Two Old Women* by Velma Wallis

## DEEP THOUGHTS

1. No matter how hard you try, you can't baptize cats.
2. Don't sneeze when someone is cutting your hair.
3. You can't hide a piece of broccoli in a glass of milk.
4. Don't wear polka-dot underwear under white shorts.
5. You can't trust dogs to watch your food.
6. Never hold a Dust-Buster and a cat at the same time.
7. The best place to be when you're sad is Grandma's lap.

Curt Ackley, Curator

# July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>PARKINSON'S</b> <b>Support Group</b> <i>of Green Valley</i>  Go to <a href="http://www.gvparkinsons.org">www.gvparkinsons.org</a> for more information		<b>1</b> Senior Cardio 11:00 am  PAC 1:00-2:00 pm	<b>2</b> Golfing Exercise Class & Video 9:00 am  Rock Steady Boxing 11:30 am	<b>3</b> Weekly Get Together 9:00 am  Senior Cardio 11:00 am  Readers Theater 2:15 pm  Loud Crowd 3:30 pm	<b>4</b>  <b>HAPPY 4TH OF JULY</b>	<b>5</b>
<b>6</b>	<b>7</b> Exercise Class & Video 9:00 am  Rock Steady Boxing  PAC 1:00-3:30 pm	<b>8</b> Senior Cardio 11:00 am  PAC 1:00-2:00 pm  Book Club Zoom—3:30 pm	<b>9</b> Golfing Exercise Class & Video 9:00 am  Women with PD Zoom—10:30 am  Rock Steady Boxing 11:30 am	<b>10</b> Weekly Get Together 9:00 am  Senior Cardio 11:00 am  Readers Theater 2:15 pm  Loud Crowd 3:30 pm	<b>11</b> Exercise Class & Video 9:00 am  Rock Steady Boxing 11:30 am	<b>12</b>
<b>13</b>	<b>14</b> Exercise Class & Video 9:00 am  Rock Steady Boxing  PAC 1:00-3:30 pm	<b>15</b> Senior Cardio 11:00 am  PAC 1:00-2:00 pm  SACK Class 1:30 pm	<b>16</b> Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Group Sharing Meeting FID—1:30 pm PD Presentation Rancho Resort 6:00 pm	<b>17</b> Weekly Get Together 9:00 am  Senior Cardio 11:00 am  Readers Theater 2:15 pm  Loud Crowd 3:30 pm	<b>18</b> Exercise Class & Video 9:00 am  Board Meeting 10:30 am  Rock Steady Boxing 11:30 am	<b>19</b>
<b>20</b>	<b>21</b> Exercise Class & Video 9:00 am  Rock Steady Boxing  PAC 1:00-3:30 pm	<b>22</b> Senior Cardio 11:00 am  Lunch Bunch 12:15 pm  PAC 1:00-2:00 pm	<b>23</b> Golfing Exercise Class & Video 9:00 am  Rock Steady Boxing 11:30 am  Women with PD Zoom—3:00 pm	<b>24</b> Weekly Get Together 9:00 am  Senior Cardio 11:00 am  Readers Theater 2:15 pm  Loud Crowd 3:30 pm	<b>25</b> Exercise Class & Video 9:00 am  Rock Steady Boxing 11:30 am	<b>26</b>
<b>27</b>	<b>28</b> Exercise Class & Video 9:00 am  Rock Steady Boxing  PAC 1:00-3:30 pm	<b>29</b> Senior Cardio 11:00 am  PAC 1:00-2:00 pm	<b>30</b> Golfing Exercise Class & Video 9:00 am  Rock Steady Boxing 11:30 am	<b>31</b> Weekly Get Together 9:00 am  Senior Cardio 11:00 am  Readers Theater 2:15 pm  Loud Crowd 3:30 pm	<b>All highlighted activities            take place at the            Parkinson's Activity Center            (555 N La Canada Drive,            Green Valley)</b>	

GV Support Group

PO Box 714

Green Valley AZ 85622

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### THANK YOU TO OUR SPONSORS



**Fry's Community  
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#### ***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