

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

August 2025

Message from the President



Charlene Ostlund
President

I'm going to guess that many of you receive *The AARP Magazine*. The June/July issue had a short article called "Learning Resilience: It's Never Too Late to Start." The article begins, "Resilience isn't merely survival; it's about adapting and even flourishing when life throws its hardest punches."

No doubt, a Parkinson's diagnosis is a hard punch. Yet, I've seen our members with PD adapt and throw their own hard punches (think Rock Steady Boxing), but it's not just boxing. When you attend our chair exercise class or the senior cardio class, you are resilient. When you participate in our PAC activities, you're throwing another punch at Parkinson's. When you golf on Wednesdays or attend SACK Class, you are fighting back.

Take Bruce D. as an example of adapting. He is determined to play pickleball and has found a way to do so. Here he is testing some sporty wheels. Larry W. never passes up an opportunity to try something challenging.

Keep resilience in mind when Bonnie G. offers art classes at the PAC this fall. As researcher Nir Barzilai said in the *AARP Magazine* article, "Think of an older person deciding to learn watercolor painting despite his trembling hands, and what that teaches him about patience and stick-to-itiveness. Now when bigger problems come along, he remembers: I can adapt."

PAC Activities

We have a space—let's use it! The vision of our support group is "To offer those in the Parkinson's community opportunities to stay as active as possible." And that's exactly what we intend to do!

The Parkinson's Activity Center (PAC) is now open Monday, Tuesday, and Friday afternoons for activities. The plan is to have two volunteers on hand. The activities will range from games to arts and crafts to singing and dancing. There may be movies and birthday parties. All members are welcome—persons with PD, PD partners, and alumni partners. Come for some fun and comradery. Ideas for activities are welcomed.

If you would like to help plan activities by joining our activities committee, send an email to membership@gvparkinsons.org.

PAC Manager

Carol Mutter responded to my plea for a volunteer to be our PAC Manager. Carol will keep an eye on our consumable supplies in the activity center so that we don't run out of necessities like toilet paper. She will also schedule monitors (greeters) and activity leaders. Thank you, Carol, for volunteering!

August Group Sharing Meetings

For our August 20th meeting at Friends in Deed, everyone will meet in one room for demonstrations of devices to help someone who has fallen to get off the floor. You won't want to miss this one!

Charlene



Larry W. playing pickleball



Bruce D. with sporty wheels

Assistance Programs



Parkinson's can be expensive. Are you aware of our Care Assistance and Exercise Assistance programs?

Caregivers may need time to run errands, visit friends, get a massage, or spend time alone

but not want to leave their loved ones with PD home alone. **People with PD living alone** may need to hire assistance from an in-home care agency or pay to attend adult day services. To be eligible to receive reimbursement for such assistance, the person with PD must be a registered member. A form is available on our [website \(gvparkinsons.org\)](http://gvparkinsons.org). Receipts for services received must be submitted in a timely manner. There is a cap of \$600/year/family.

Members who pay out of pocket for exercise classes or one-on-one instruction may turn in receipts for reimbursement up to \$300 annually. The form is available on our website.

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 3:30 pm

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

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

November: *Booth* by Karen Joy Fowler

Jan: *Two Old Women* by Velma Wallis

Did You Miss It?

July 15th SACK Class

Peg Evans-Brown shared ways to improve conversation with our loved ones by affirming rather than interrogating and advising them. Part 2 will follow so if you missed this class, there will be another opportunity.

DEEP THOUGHTS

I am old and I just realized I still have so many unanswered questions!!

I never found out:

- Who let the dogs out...
- Where's the beef...
- How to get to Sesame Street...
- Why Dora doesn't just use Google Maps...
- Why eggs are packaged in a flimsy paper carton, but batteries are secured in plastic that's tough as nails...
- Why women can't put on mascara with their mouth closed...
- Why "abbreviated" is such a long word...
- Why lemon juice is made with artificial flavor yet dishwashing liquid is made with real lemons...
- Why they sterilize the needle for lethal injections...
- Why do you have to "put your two cents in" but it's only a "penny for your thoughts?" Where's that extra penny going to...
- Why do "The Alphabet Song" and "Twinkle, Twinkle Little Star" have the same tune...
- Why did you just try to sing those two previous songs...and
- Just what is Victoria's secret?

Curt Ackley, Curator

August 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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)

1
Exercise Class
& Video
9:00 am
Rock Steady
Boxing
11:30 am
**POTLUCK
1:00 pm**

2

3

4

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

5

Senior Cardio
11:00 am
PAC
1:00-3:30 pm

6

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

7

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

8

Exercise Class
& Video
9:00 am
Rock Steady
Boxing
11:30 am
PAC
1:00-3:30 pm

9

10

11

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

12

Senior Cardio
11:00 am
PAC
1:00-3:30 pm
Book Club
Zoom—3:30 pm

13

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

14

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

15

Exercise Class
& Video
9:00 am
Board Meeting
10:30 am
Rock Steady
Boxing
11:30 am
PAC
1:00-3:30 pm

16

17

18

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

19

Senior Cardio
11:00 am
PAC
1:00-3:30 pm
SACK Class
1:30 pm

20

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

21

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

22

Exercise Class
& Video
9:00 am
Rock Steady
Boxing
11:30 am
PAC
1:00-3:30 pm

23

24/31

25

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

26

Senior Cardio
11:00 am
Lunch Bunch
12:15 pm
PAC
1:00-3:30 pm

27

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

28

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

29

Exercise Class
& Video
9:00 am
Rock Steady
Boxing
11:30 am
PAC
1:00-3:30 pm

30

GV Support Group

PO Box 714

Green Valley AZ 85622

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