

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

September 2025

Message from the President



*Charlene Ostlund
President*

Welcome back to those of you who have returned to southern Arizona after escaping the heat for a few months. We're glad you're here!

Following the PAC's opening, it was a place for nonmembers to drop by to learn about our support group. Over the summer, we have tried to make the

space live up to its name –Parkinson's **Activity** Center. We've added games and other activities that help our members build social connections

while having fun. We're grateful to our volunteers who greet visitors and lead these activities. We need more volunteers to fill the schedule or to be substitutes. If you can help, contact Carol at membership@gvparkinsons.org or call 520-372-2368 and leave a message.

If you would like to serve on our Activity Committee, call the number above and leave a message.

I hope to see you all at the PAC staying active.

~Charlene



Moving Day

The Parkinson's Foundation's annual Moving Day in Tucson will be October 25th starting at 9:00 am at Reid Park, 900 S Randolph Way.

The foundation says this event is more than just a walk. They call it a celebration of movement.

While the event raises awareness of Parkinson's, it is also a fund raiser for the Parkinson's Foundation. Proceeds are used for Parkinson's research, education, and outreach. We benefit by receiving the free education materials displayed in the PAC including the Hospital Safety Guide.

Register for Moving Day and/or make a donation at <https://www.parkinson.org/events/2025/md-tucson>

To explore more of their resource materials (hard copies and online education) go to <https://www.parkinson.org/resources-support>



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 preliminary itinerary is available on the website: WPC2026.org

Did You Miss It?

Posture Therapy

It is obvious that posture is a concern to our members. The PAC was packed for Teri Chudnow's presentation. While Teri used equipment that most of us don't have laying around the house, most of the exercises could be adapted by using furniture that we do have. Christy R.W. was a good sport at demonstrating the exercises. How did she get off the floor so easily?



Posture Therapy with Teri Chudnow at the PAC

Moments of Music and Movement

On August 16th, Wayne Tooker, who has worked in the field of well-being for over 50 years, introduced us to the techniques he has developed over the years. He also entertained us with songs and had us join in on the chorus about a cheeseburger and six pack. Watch the daily email reminders for information about when he'll be back to do workshops on mindful movement and meditation.

August Group Sharing Meetings

Falls are always a concern for people living with Parkinson's, and this month they were the focus of our meeting at Friends in Deed. Instead of meeting in separate rooms as usual, everyone met in one room for demonstrations. Bonnie and Al brought their power chair to show how it can be used to help someone get up off the floor after falling. Clarissa and two assistants from Embrace In-Home Care offered tips and demonstrated how to get up from the floor.

Two Goals Met

Congratulations to Steve McMurtry, one of Rock Steady Boxing Sahuarita's coaches, on breaking two state records--squat and deadlift for his age and weight class--at the Summer Slam Powerlifting competition in Tucson. This feat is even more remarkable considering that in February he suffered an avulsion fracture of the elbow that required his tricep to be reattached.



Steve McMurtry

Steve commented, "I enjoy lifting weights and I set this goal to keep me on track...One of my favorite quotes from Arnold Schwarzenegger is: You can have results or excuses, not both."

Steve will attempt to set more state records in another competition on September 6th.

**WORLD PARKINSON
POWERLIFTING CHALLENGE**

ONLINE - DEADLIFT - OPEN

1-2
NOV
2025


ENTRY
via QR Code
or
www.entry.org
www.worldparkinson.org

Parkinson Powerlifting from Everywhere

PARKINSON POWERLIFTING CHALLENGE WORLD PARKINSON POWERLIFTING CHALLENGE parkinsons europe

In case you are interested in powerlifting, The World Parkinson Powerlifting Challenge is coming in November.

September 2025

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

Meet the People Behind the Names

By Larry Westfall

As promised earlier, what follows is a lifetime snapshot of our featured caregiver, volunteer and current President, Charlene Ostlund. I think you will enjoy learning more about Charlene, who has and continues to do so very much for our support group.

Charlene, or Char as many of us call her, was born in Illinois in 1954. Her early years were spent on a dairy farm near Freeport, Illinois where she remembers things like bringing the cows (45 of them) in to feed them. When Char was thirteen years old, her father passed away and the family moved to the small town of Warren where her mother secured work at a factory and Charlene attended high school. Graduating in 1972, she went on to attend Illinois State University at Normal, Illinois where she earned a BS in Education in 1976. That same summer she married John Ostlund, another education major, who was from the small town of Manly, Iowa. Their wedding received national media attention. Newscaster Paul Harvey, in one of his evening broadcasts, referred to the marriage as being between “A Manly Man and a Normal Woman” – and that’s the other side of the story.

Charlene moved to Iowa where John was living and teaching. She taught 29 years in Maquoketa and Bellevue. Charlene taught 5th grade at the parochial school and John taught math at the Bellevue public high school. They were active boaters, enjoying water skiing and time at “Teachers’ Beach.” They also traveled during this time, including short motorcycling trips.

John was diagnosed with Parkinson’s in the year 2000 and opted to retire four years later after realizing he had cognitive impairment, which effected his teaching ability. Charlene taught one ad-

ditional year before they started searching for the right retirement spot. They quickly decided upon Green Valley and moved here in 2005. After three years of traveling back to Iowa for summers, they became full-time Green Valley residents. Motorcycling continued for a time here in Green Valley, but on a trike instead of a bike, as John became less active and Char took over as pilot. He passed in 2024 after spending 24 years with Parkinson’s disease.



Charlene & John Ostlund

Charlene and John (but mostly Char) immediately became involved in the Parkinson’s Support Group. Char describes herself as a sponge, participating in many activities and seeking more information about the disease. She assumed responsibility for doing the monthly newsletter in about 2010 and continues on the staff to this day. She also sends out a daily

email outlining the activities planned for that day. All members receive these emails very early each morning, except Sunday. Char was appointed to our Board of Directors in 2011 and served as President for three years starting in 2019. In June of this year, she agreed to be President once again. Char’s memory of our group history is just about unequaled and her insights are invaluable as we plan for the group’s future. During these same years, Char’s responsibilities grew greatly as a caregiver for John.

In addition to the ongoing major role Char plays with our group, she volunteers at CPAC, is a member of the GVR Cribbage Club, and enjoys making fabric cards and writing hand-written personal notes and letters. She also enjoys reading and quilting. Char says her continued involvement in our group gives her purpose and enables her to spend time with the many friends she has made.

Fall Prevention Awareness Week



Each year, the first day of fall is the beginning of Falls Prevention Awareness Week, a national campaign to raise awareness on preventing falls, reducing the risk of falls, and helping older adults

live without fear of falling.

Here are the facts:

One out of every three adults aged 65 years or older in the United States will suffer a fall each year.

On average, there are two deaths every day in Arizona of residents 65 years and older caused by falls.

In Arizona every year due to falls:

168,020 Emergency Department Visits

23,206 Inpatient Hospitalizations

89% of all fall-related deaths were among adults aged 65+

As scary as these stats are, it's no wonder that people fear falls. Unfortunately, the fear of falling increases the risk of actually falling. It's a catch-22. If one stays seated to avoid falling, muscles weaken causing more falls.

Talk to your doctor and physical therapist about how to avoid falls. Stay physically active.

<https://www.azstopfalls.org/statistics>

PD in the News

In a research study by Midwestern Medicine, a virus (Human Pegivirus) thought to be harmless was present in 50% of the brains of people who had died with Parkinson's disease though not present in the control brains. The PD patients with the virus had a more severe pathology of the disease than the other 50%.

The virus is a close relative of the Hepatitis C virus, for which there is already medication. The hope is that this medication could be repurposed for Parkinson's. Further research is needed, especially since currently there is no test to see if living patients are carrying Human Pegivirus.

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.

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

Parkinson's Foundation Presents...Parkinson's Sleep and Me

Sleep disturbances are common complaints by people with Parkinson's. Here is your chance to learn about this troubling symptom from two experts: Cynthia S. Reed, MD, Movement Disorder Neurologist and Dev Ashish, PhD, Banner Health.

The event will be held at 1:00 pm to 4:00 pm on October 18th at Tucson Jewish Community Center, 3800 E River Rd. in Tucson. There is no cost, but you must register to attend. You may do so at <https://www.parkinson.org/events/2025/sleep-tucson>

Planning for the Future?

Consider making a legacy gift to the Parkinson's Support Group of Green Valley, a 501(c)(3) charitable institution. Such a gift can be an estate gift made through a will or trust or a beneficiary designation of life insurance or retirement account.

Legacy Gift—Two Ways

Specific request: Specify a percent of your estate or a fixed dollar amount to go to the Parkinson's Support Group of Green Valley, a qualified 501 (c)(3) charitable institution located in Green Valley, Arizona, or to our endowment account with the Greater Green Valley Community Foundation.

Residual of Estate: Give all or a percent of the rest, residue, and remainder of your estate to the Parkinson's Support Group of Green Valley, located in Green Valley, Arizona, or to our endowment account with the Greater Green Valley Community Foundation.

Consult an attorney for proper wording.

DEEP THOUGHTS

Well friends, Nancy and I have been spending another great summer at Chautauqua Institution in western New York. If I ever have to be placed in an institution, I hope it's this one! But it gives a shaky old guy time to think, ya know?

For instance, ponder this:

If you spell the words "absolutely nothing" backwards, you get "Gnihton yletulosba", which ironically means absolutely nothing. My advice: Don't overthink it. Be in the moment. Avoid electronic stuff once in a while. Don't avoid sad news — like the news that the inventor of auto-correct collapsed in the street yesterday. He was taken by ambience to the nearest horse piddle.

Anyway, be thankful it's not snowing outside. Imagine having to shovel snow in this heat. Keep smiling, and be prepared for unexpected wonders. Last night I ordered a drink with dinner, and to my surprise, the waiter asked for my ID. Slightly flattered, I smiled and asked, "Do I really look that young?"

He replied, "No, I just wanted to see if you qualified for the senior citizen discount."

-Curt & Nancy, on the road in Chautauqua NY. All incidents clearly lifted from the internet!

Curt Ackley, Curator

THANK YOU TO OUR SPONSORS



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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