

# 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

**October 2025**

## Message from the President



Charlene Ostlund  
President

I'm not fond of home maintenance. Let me be clear about this: I DESPISE being responsible for home maintenance—even if it's something as small as changing a lightbulb. I recently decided to dust the blades of my ceiling fans. While on the ladder, I looked for burned-out

lightbulbs. Three of my four fans have lights below and above the blades. Changing the bulbs below the blades is no problem. However, the bulbs above the blades are small and an uncommon style. My stepladder stood

in my guest bedroom for a couple of weeks during September while I searched for the appropriate bulbs in multiple stores. The first package I bought didn't work. The next one didn't work on my first try, but I tried again out of desperation, and it worked! Admittedly, it was a small victory, but it made my day.

The Davis Phinney Foundation (one of the national Parkinson's organizations) encourages us to celebrate small victories. As a person with Parkinson's, you might not be able to do the things you once did, but concentrate on those things you can do and celebrate your small victories.

~Charlene

## **\*\* New \*\***

### Birthday Celebrations



There's no question that staying socially connected is important to mental and emotional health. The "C" in our motto "Give Parkinson's the SAC" stands for that very idea.

To promote additional social connections, let's celebrate birthdays. Each month, around 30 of our members have birthdays. **We invite those members with October birthdays and their partners to come to the PAC on Tuesday, October 28<sup>th</sup>, for birthday cake. Arrive around 1:15 pm.** If you wish (this is optional), bring a photo from your past to share with the group. We look forward to hearing more about you.

### SACK Class

Tuesday, October 21

1:30 pm at the PAC

Presenter: Melinda Nash

Topic: Deep Brain Stimulation (DBS)



How does one decide which Parkinson's treatment is best? By learning as much as you can about each option. Even when it comes to DBS, there are a variety of systems, and your neurologist will probably expect you to make the choice. This month's SACK class will feature Abbott's DBS.

Light refreshments will be provided.

Please register by emailing

[membership@gvparkinsons.org](mailto:membership@gvparkinsons.org) and give the names of those who plan to attend.

Give Parkinson's the SACK; Become increasingly Knowledgeable.

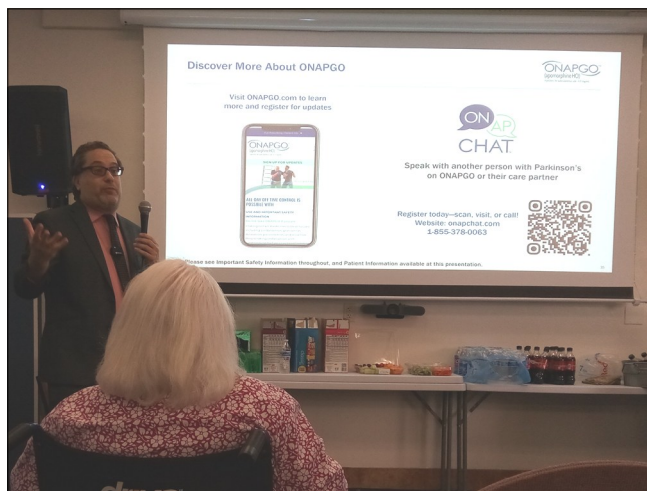
## Did You Miss It?

### KGTV Around the Cracker Barrel

On August 29, the weekly radio interview program featured our support group. Guy Atchley interviewed Board Directors Debbie Twarogal and Steve Wells. It was an informative 30 minutes about Parkinson's disease and our support group. The recording is on KGVY's website <https://www.kgvy1080.com/> under the heading "On Demand – KGVY Local Podcast Shows."

### September SACK Class

Dr. Eric Farbman, MD, FAAN, from Fresno, CA, introduced us to the most recently approved treatment for Parkinson's, Onapgo (apomorphine hydrochloride). He assured us that it does not contain morphine. The name means "without morphine". It is a liquid medication that imitates levodopa and is delivered by a pump like the insulin pumps that many people with diabetes use. Onapgo is intended for people experiencing on/off times and generally taking at least four doses of PD meds daily. While it is newly approved here, it has been used successfully for 30 years in Europe. This medication is less apt to cause infection than the levodopa pumps (liquid or gel).



*Dr. Eric Farbman introduced a new treatment to an audience of almost 25.*

### Educational Event at PWR!Gym

The PWR!Gym is designed for people with movement disorders—mainly Parkinson's. It is staffed with physical therapists and certified trainers and is well equipped. People who live close enough to use the gym regularly are the envy of everyone in the country. It's located at 4343 N. Oracle Rd in Tucson, which is like the carrot at the end of the stick for most of us. So close... and yet so far.

Several of our members attended an educational event at the PWR!Gym on September 14th. Presenters were Julie Pilitsis, MD, PhD, MBA (Towards a Cure for Parkinson's Disease), Meg Lambert, RN, BSN (The Hospitalized Parkinson's Patient), and Becky Farley PhD, MS, PT and founder of the gym (Exercise as Medicine). If you are reading this in its digital form, click below to view the slides for two of these presentations.


[file:///C:/Users/costl/Downloads/Farley\\_9.11.25%20PWR!Gym%20Educ%20Event.pdf](file:///C:/Users/costl/Downloads/Farley_9.11.25%20PWR!Gym%20Educ%20Event.pdf)

[file:///C:/Users/costl/Downloads/The%20Hospitalized%20PD%20Patient\\_2025.pdf](file:///C:/Users/costl/Downloads/The%20Hospitalized%20PD%20Patient_2025.pdf)

### Call for Volunteers

**Our support group will have a table at the KGVY Sr/Boomer Fair on Tuesday, November 4<sup>th</sup>, 9:00-1:00.** The purpose of our table will be to interact with people in the community who want to learn more about Parkinson's disease or our support group. This is a popular event and a great opportunity to educate the community. We need volunteers to work at our table for one- or two-hour shifts. We will have handouts available to distribute so you don't need to be an expert to volunteer. We will schedule two people for each shift, so you won't be alone. To volunteer, email [supportgroup@gvparkinsons.org](mailto:supportgroup@gvparkinsons.org) or speak to Debbie Twarogal.

# October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>All highlighted activities take place at the Parkinson's Activity Center (555 N La Canada Drive, Green Valley)</p>			<b>1</b> Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	<b>2</b> Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>3</b> Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am PAC 1:00-3:30 pm	<b>4</b> Pole Walking Historic Canoa Ranch 9:00 am
<b>5</b>	<b>6</b> Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	<b>7</b> Pole Walking Sahuarita Lake 9:00 am Senior Cardio PAC 1:00-3:30 pm	<b>8</b> Golfing Exercise Class & Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing 11:30 am	<b>9</b> Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>10</b> Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am PAC 1:00-3:30 pm	<b>11</b> Pole Walking Historic Canoa Ranch 9:00 am
<b>12</b>	<b>13</b> Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	<b>14</b> Pole Walking Sahuarita Lake 9:00 am Senior Cardio 11:00 am PAC 1:00-3:30 pm Book Club Zoom—3:30 pm	<b>15</b> Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Group Sharing Meeting FID—1:30 pm	<b>16</b> Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>17</b> Exercise Class & Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing 11:30 am PAC 1:00-3:30 pm	<b>18</b> Pole Walking Historic Canoa Ranch 9:00 am Parkinson's Sleep & Me Tucson 1-4 pm Registration Required
<b>19</b>	<b>20</b> Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	<b>21</b> Pole Walking Sahuarita Lake 9:00 am Senior Cardio 11:00 am PAC 1:00-3:30 pm <b>SACK Class 1:30 pm</b>	<b>22</b> Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am Women with PD Zoom—3:00 pm	<b>23</b> Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>24</b> Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am PAC 1:00-3:30 pm	<b>25</b> <b>MOVING DAY REID PARK</b> Pole Walking Historic Canoa Ranch 9:00 am
<b>26</b>	<b>27</b> Exercise Class & Video 9:00 am Rock Steady Boxing PAC 1:00-3:30 pm	<b>28</b> Pole Walking Sahuarita Lake 9:00 am Senior Cardio 11:00 am Lunch Bunch 12:15 pm <b>Birthday Celebration 1:15 pm</b>	<b>29</b> Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am	<b>30</b> Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>31</b> Exercise Class & Video 9:00 am Rock Steady Boxing 11:30 am PAC 1:00-3:30 pm	



## Meet the People Behind the Names—Carol Mutter

By Larry Westfall

Carol (maiden name, Bromley) was born in 1948 and spent her early years in Danville, Illinois. Her family moved to Fort Wayne during Carol's junior year of high school, so she graduated there, but immediately returned to Danville afterwards. Since funds were short, she lived temporarily at the local YWCA while attending junior college classes in accounting and business. She paid one dollar per day to live there and spent fifty cents per day to bus back and forth to the college.

Carol later stopped attending classes to accept a full-time job as office manager at a store. At age eighteen, Carol married. Her parents asked her to delay marriage long enough that they could claim her exemption on their tax return, so she obliged (or she thought she did) by marrying on April 15. She continued to work, and held a number of positions in Danville, each one advancing in responsibility and (of course) salary. For a three-year period Carol and a girlfriend operated their own business—a paint and wallpaper store. During these years she also gave birth to a daughter and a son. This marriage eventually ended and after several years as a single mom, she married again and moved with her husband to Anchorage, Alaska. This marriage ended in less than two years, but she remained in Anchorage where she became very successful as a property manager/broker. A few of the more important positions she held included property manager at a large retail mall, manager of occupancy and maintenance of a fourteen-story building, and Personnel Manager for the well-known Millennium Lakefront Hotel located on Lake Hood.

Carol met Doug Mutter, who was an investigator with the Department of Interior, at her 40<sup>th</sup> birthday party. They were married in 1992 and moved to a mountainside home overlooking Anchorage City. For the next several years they remained in Anchorage working and enjoying personal time camping and fishing. This provided ample opportunities for wild animal sightings,

which included lots of moose and bear. Carol was also an active volunteer and leader with her church. During one of their fishing outings, Carol “the fisherwoman” caught the forty-pound salmon shown in her picture. It was a great catch, but she said that Doug caught one weighing three pounds more (or at least she let him believe that). Eventually she and Doug (mostly Carol) tired of winter conditions and started an internet search for warm and sunny retirement destinations. In 2013 that search brought them to Quail Creek, where they continue to live.



Carol Mutter with forty-pound salmon

While living here, Carol became involved with The Women of Quail Creek group, and headed up their membership program. She was elected to the TWOQC board and served as President for three years. In 2017 she went back to paid work for a time, serving as Contract Coordinator for Robson's Quail Creek home sales. Even before this job Carol had set the record for the most jobs and positions held of all the folks I have interviewed. I suspect that she just can't turn a good opportunity down so if you ask her I bet you could still hire her (just kidding).

Carol was diagnosed with Parkinson's Disease in 2024 after several years of showing symptoms without a formal diagnosis. She discovered and joined our support group earlier this year. She is an active participant in the Rock Steady Boxing Program and recently volunteered to oversee our program to have volunteers at the PAC to explain our programs to newcomers. Her advice to those with Parkinson's: (1) Find yourself a good neurologist you have confidence in; (2) Exercise at least five days each week; (3) Socialize and (4) Try to maintain a healthy diet.

## Ping Pong Ball Bounce Challenge



How many times can you bounce a ping pong ball on a paddle? Perhaps you could be one of our champions.

We're searching for three outstanding members with this skill—a person with Parkinson's, a partner of someone with PD, and an alumni partner. The champions' names and their record number of bounces will be posted on a chart to challenge visitors to our booth at the Sip, Swirl, Shop, and Support event on November 22 at the Historic Canoa Ranch.

You can practice bouncing before our chair exercise classes and at the PAC when it's open on Mondays, Tuesdays, and Fridays. Start bouncing!

## Change in Contact Information

There are many reasons why it is a challenge to keep our membership list current: there are no annual dues to collect, some members are homebound so we don't see them at events, many members are winter visitors that change addresses from year to year, Green Valley home-owners move on average three times while living here, phone numbers change frequently, and members move from the area without notifying us.

Please help us keep your contact information accurate so that you receive the newsletter, birthday cards, and other communication without a glitch.

Thank you!

[membership@gvparkinsons.org](mailto:membership@gvparkinsons.org)

## 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 18<sup>th</sup> 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>

## 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.

Oct: *The Paris Novel* by Ruth Reichl

Nov: *Booth* by Karen Joy Fowler

Dec: *Frozen River* by Ariel Lawhon

Jan: *Two Old Women* by Velma Wallis

Feb: *Island of the Sea Women* by Lisa See

## 7<sup>th</sup> 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 4<sup>th</sup>. 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: <https://www.WPC2026.org>

## Parkinson's Vocabulary: Parkinsonism

You may know someone who was diagnosed with Parkinson's disease and then later the diagnosis was changed. Perhaps you were diagnosed with Parkinsonism. What is the difference between Parkinsonism and Parkinson's disease?

Parkinsonism is a syndrome with the movement symptoms of Parkinson's disease: tremor, rigidity, and slowness. These symptoms are among the cardinal symptoms of Parkinson's disease, but they can also be caused by other diseases of the nervous system or exposure to certain drugs and toxins.

When doctors tell patients that they have Parkinsonism, they are saying that the patient has movement symptoms likely caused by a neurological disease, but they are unable to specify which disease. Usually, time will indicate whether the symptoms are caused by Parkinson's or another disease. One indicator is the rate at which the disease progresses. Parkinson's disease generally progresses slowly while many of the other neurological diseases with similar symptoms progress more quickly.

## DEEP THOUGHTS

Well friends, Nancy and I have finished our summer gig at Chautauqua, and I needed another place to think deep thoughts. Nancy suggested the ocean, so here we are. It kinda looks the same every day, but it's interesting. It's so quiet that the voices in my head have started a group chat. I just let them go on, because I figured something out. Most people have a train of thought, but since Parkinson's I have a tiny bicycle of thought, with a monkey on it.

There's so many people from so many places here. One guy was from Texas, and was complaining to his wife that he couldn't find his khakis. She was from Boston, and said, "you dingbat! You're on a ship! Why do you want to staht your cah??" I think it was the same woman who fainted and fell onto the baggage carousel. She's slowly coming around now... Nancy let me go shopping alone but I got in trouble. I found some nice souvenirs but then the cashier said, "Strip down facing me." By the time I realized she meant my credit card, it was too late, and I was already being escorted out of Walmart.

I've had some time for reflection in our tiny bathroom. While looking in the mirror, I see little hair, a gray beard, and eyes that don't sparkle quite the same. I can't help but think that they don't make mirrors like they used to!

So friends, keep thinking deep thoughts. If it makes you feel a little shaky, then it's probably time for another Ropadopa!

-Curt, causing trouble at sea

## 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