

# 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

March 2026

## Message from the President



President Charlene Ostlund  
& Suzanne Colley

Where were you in 2015? What are your memories from that year? It was the year my husband, John, had deep brain stimulation (DBS) surgery. It was also the year I received a phone

call from one of our members. Little did I know how that call would affect our support group for the next decade and beyond.

The caller was Suzanne Colley. I didn't know Sue before that call though we may have met. She wanted to donate card-making supplies to the support group, so she invited me to her house to look over the supplies. Before packing those supplies into my car, we sat inside her house and chatted. By the time I left, she had volunteered to be our Board secretary and said that her husband, Jim, could oversee hospitality. That was Sue's way. If there was a need, she stepped up.

A few years later, as the two of us sat on a bench in front of the Community Center, I told her that I would volunteer to be president if she would agree to be my vice-president. For the next three years, we met weekly to dream and plan. Eventually, these Thursday morning pow-wows were moved from Sue's house to Posada Java so that we could invite others to join us. That was the beginning of the Thursday coffees that continue today.

One of our dreams was to have a space where people off the street could stop in and learn about our group. Sue arranged our original space at Access/Wisdom's with Connie, the owner of the

business, to let us use the conference room one afternoon each week.

When the Parkinson's Activity Center (PAC) fell into our hands, Sue was president. She had the vision of how to convert the former bakery kitchen into a usable space for our meetings, classes, and activities. For three years, she cheerfully dedicated her time and energy into that space—writing grants, monitoring, hosting parties, and more.

At its February meeting, the Board of Directors regretfully accepted Sue's resignation, but the changes she brought to our support group will benefit our members long into the future. Thank you, Sue, for your years of service!

~Charlene



TUE, MARCH 17TH  
1:00-3:00  
BAPTIST CHURCH  
1111 N LA CANADA  
GREEN VALLEY



## Parkinson Awareness Day

- \*COME FIND OUT HOW WE CAN HELP
- \*EXPLORE SERVICES
- \*PANEL DISCUSSION ON DIFFERENT TREATMENTS
- \*SAMPLE EXERCISES
- \*LITERATURE AVAILABLE
- \*LIGHT REFRESHMENTS



PARKINSON'S  
Support Group  
of Green Valley



# Parkinson's Awareness—Green Valley Style

By Charlene Ostlund

How many of your neighbors have Parkinson's disease (PD)? Consider these stats:

- 1 in 15 people living today will get PD
- 1% of people over 60 years old have PD
- Median age in Arizona: approximately 39
- Median age in Green Valley: 73-74 years old
- The number of people diagnosed with PD increases with age.

Again, I ask—How many of your neighbors likely have Parkinson's disease? As you know, PD isn't always diagnosed easily. When diagnosed, doctors are apt to send you on your way with little information about what to do next. This is why Parkinson's awareness is important.



Parkinson's Awareness Month is April. However, in Green Valley, we don't always follow traditional schedules. If the White Elephant can have Midnight Madness in the middle of the day, we can do Parkin-

*Living well with Parkinson's means **staying active, engaged, informed, connected and courageous each and every day.***  
—Davis Phinney Foundation

son's Awareness in March. Along with our members, the public will be invited. Instead of having medical experts speak at the event, we will have those living with the disease share their experiences.

Consider this event to be a Parkinson's 101 class. We'll go over the basics, members will share how they were diagnosed, and other members will share information about the treatments they are using. We will also review the programs our support group offers.

Since this event is open to the public and the PAC is too small for a big crowd, it will be held in the **Fellowship Hall at the Green Valley Baptist Church** (1111 N.

La Canada). Plan to attend and invite anyone you know who might be interested in learning about PD. Stay home only if you already know everything there is to know about PD. We thank the Parkinson's Foundation Southwest Region for paying for refreshments. Mark your calendar for **1:00 pm on March 17**. Wearing green is optional.

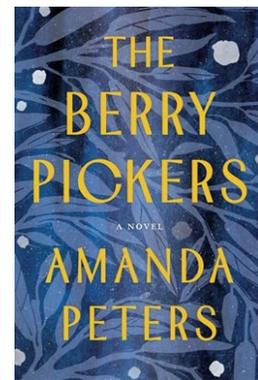
## Book List for our Book Club

All members (people with PD, care partners, and past care partners) are welcome to join our book club. The meetings are being held on Zoom at 3:30 pm on the second Tuesday of the month. Watch the daily emails for the link.

March: *The Berry Pickers* by Amanda Peters

April: *Buckeye* by Patrick Ryan

May: *And After the Fire* by Lauren Belfer



# March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 GV Health Fair 9 am-12 pm Exercise Class & Video 9:00 am Coffee & Donuts at the PAC 10:30-11:30 am Rock Steady Boxing	3 Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm	4 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm	5 Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm	6 Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm Activities at the PAC 1:00-3:30 pm	7 Pole Walking Historic Canoa Ranch 9:30 am
8	9 Exercise Class & Video 9:00 am Coffee & Donuts at the PAC 10:30-11:30 am Rock Steady Boxing 12:30 pm	10 Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am PAC 1:00-3:30 pm	11 Golfing Exercise Class & Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing 12:30 pm	12 VPC Patio Sale Weekly Get Together 9:00 am Senior Cardio 11:00 am Readers Theater 2:15 pm	13 VPC Patio Sale Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm Activities at the PAC 1:00-3:30 pm	14 VPC Patio Sale Pole Walking Historic Canoa Ranch 9:30 am
15	16 Exercise Class & Video 9:00 am Coffee & Donuts at the PAC 10:30-11:30 am Rock Steady Boxing	17  Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am <b>Parkinson's Awareness Day</b> PAC 1:00-3:30 pm	18 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm 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 12:30 pm Activities at the PAC 1:00-3:30 pm	21 Pole Walking Historic Canoa Ranch 9:30 am SOLO Noon Desert Meadows Park
22	23 Exercise Class & Video 9:00 am Coffee & Donuts at the PAC 10:30-11:30 am Rock Steady Boxing 12:30 pm	24 Pole Walking Sahuarita Lake 9:30 am Senior Cardio 11:00 am Lunch Bunch 12:15 pm PAC 1:00-3:30 pm	25 Golfing Exercise Class & Video 9:00 am Rock Steady Boxing 12:30 pm 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 12:30 pm Activities at the PAC 1:00-3:30 pm	28 Pole Walking Historic Canoa Ranch 9:30 am
29	30 Exercise Class & Video 9:00 am Coffee & Donuts at the PAC 10:30-11:30 am Rock Steady Boxing 12:30 pm	 <b>PARKINSON'S Support Group</b> of Green Valley All highlighted activities take place at the Parkinson's Activity Center (555 N La Canada Drive, Green Valley)				



## Meet our Members:

Roger Roderick

*By Larry Westfall*

Roger Roderick is the quiet guy who sits in the back of the room at chair exercise, but who occasionally lets you know he has a great sense of humor waiting for an opportunity to get out. Roger was born in Tuscola, Illinois, and remained there through high school. In high school he was active in sports (basketball, football and track) and in band (trombone). Following high school he attended the University of Illinois at Urbana-Champaign, earning a bachelor's degree in Economics and a master's degree in Management.

Roger is married to Janet Roderick, originally from Rapid City, S.D. Janet has a master's degree from the University of Wyoming. They have three adult children: Brad (Shawnee, KS.), Becky (Mesa, AZ) and Brian (Maui, HI, deceased), seven grandchildren and two great grandchildren.

Upon receiving his master's degree, Roger worked for the Western Electric Co., then the manufacturing and distribution arm of the Bell Telephone System. There, he was in various manufacturing functions and in labor relations. Later, he returned to the University of Illinois, earning a PhD from the university's Institute of Labor and Industrial Relations. He then accepted a faculty/research position at Ohio State University. Following a long and distinguished career at several other universities, he retired in 2000. Retirement didn't last long. Two months after retirement he was recruited to be the dean of the College of Business and Economics at the National University of the United Arab Emirates. His two major goals there were to establish a "Western-Style" MBA program and to obtain

accreditation from the top-rated business accreditation agency. Both were completed during his time at UAEU. An interesting aspect of his time in the UAE was that he was there during 9-11.

At the end of the UAEU contract, he returned to his home in Little Rock to enjoy retirement. Three months later, he was asked to join the senior staff of a newly formed university – the University of Arkansas at Fort Smith – to develop a

College of Business. This assignment took five years, after which he once again retired, or so he thought. After a year of retirement, a new dean at the University of Arkansas, Little

His advice to those who do not have PD is simple –  
“Don't get it!!”

Rock, found herself a first-year new dean without a second in command. She called Roger and he agreed to a one-year appointment as her assistant, but this turned out to be another five-year stay leading to his permanent retirement.

Roger was diagnosed with Parkinson's Disease in 2020. Four years ago he and Janet moved into a garden home at Green Valley's La Posada where they live now. He suffers from a broad range of PD symptoms, as many of us do. His advice to those who do not have PD is simple – “Don't get it!!” But if you have PD, accept that you must change your life to accommodate the things you will face. And above all, “stay positive”.

Well, we are running out of space, but we must at least mention that over the above years Roger also served as a labor arbitrator. And if that's not enough, he managed programs in Lahore, Pakistan and Guadalajara, Mexico.

## Did You Miss It?



### Valentine's Day Party

Thanks to Peg and Alice, the PAC looked festive decorated with streamers and hearts. The guests arrived on time, as did the pizza...and most of the pies was cut into slices. Lesson learned—next time bring a pizza cutter. There were no lack of sweets; after all, it was Valentine's Day...yummy treats from Alice, cookies to decorate from Nancy, and pre-frosted gingersnaps from Jan. Debbie not only called the numbers for Bingo (speaking with intent, of course) but also entertained us. Many guests went home with jars of chocolates, Bingo prizes, a door prize, and more.

### Chair Exercise Class

As expected, the group has grown thanks to the influx of our winter friends. All appreciate Mia's instruction, Steve's announcements, and B.J.'s jokes. If only it were easier to count the participants.

The pole walking group has also grown. Keep up the good work, everyone!

### SOLO

Eight members of SOLO (Surviving Our Loved Ones) met for lunch at Charlene's home. They welcomed a new member and shared conversation, memories, and laughs. The group will meet next at noon on Saturday, March 21, at Desert Meadows Park (999 S La Huerta). Bring a sack lunch.

### Don't miss out in March!



February 2026: Valentine's Day Party at the PAC



February 2026: Chair Exercise Class



February 2026: Bonnie's Art Class at the PAC

## Tax Time

Two ways to reduce your taxes:

The Parkinson's Support Group of Green Valley is an **Arizona Qualifying Charitable Organization (QCO)**. All Arizona residents may participate and receive a **tax credit** on their Arizona State Tax. It reduces your tax liability by the amount you donate up to \$495 single, married filing separate or head of household; \$987 married filing joint. Our QCO Code is **22119**.

**Donate Your "Required Minimum Distribution" from your IRA:** The Consolidated Appropriations Act of 2016 made permanent the option of qualified charitable distributions (QCDs) from individual retirement accounts. This means that persons who take annual distributions from their IRA, can make a gift **directly from their IRA to the Parkinson's Support Group of Green Valley**, and save the income taxes.

You may want to consult your accountant.

## DEEP THOUGHTS

So There's been all these interesting sports on tv in our home. So much of it on ice!! Bobsleds. Luges. Skates. All the things we should never go near! They've been doing this thing called Curling. I think it's Shuffleboard but it's so cold that they can only do it on ice. So they throw these things that look like Rumbas with a handle that they call Rocks. It sure got me thinking deep thoughts, 'cuz the game is really long! But seriously... these things keep me up at night!

~Why don't you ever see the headline 'Psychic Wins Lottery'?

~Why is 'abbreviated' such a long word?

~Why is it that doctors call what they do 'practice'? I'd prefer if they'd figure it out first myself.

~Furthermore, why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons? Or,

~Why is the man who invests all your money called a broker?

~Why is the time of day with the slowest traffic called rush hour?

See what I mean? Maybe I need to start watching shorter games!

Keep thinking deep thoughts friends!

—Curt

## THANK YOU TO OUR SPONSORS



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### Parkinson's Post Publication

*Thanks to these volunteers who made this publication possible.*

Curt Ackley  
Bonna Cunningham  
Michael J. Fox

Charlene Ostlund  
Larry Westfall  
Lucinda White



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