

Parkinson's Post

PARKINSON'S
Support Group
of Green Valley

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

May 2026

Message from the President



Charlene Ostlund
President

Some months life is more challenging than others. April was one of those months for me, and as I listened to your tales of woe, I think some of you felt the same. Sometimes you gotta dig deep to find a positive. In my case, my mechanic that makes house calls happened to be driving

past my HOA when I called her, and she showed up at my garage door a couple of minutes later. She was just as distressed as I when the diagnosis was a dead car, but at least it was quick. A friend from the support group gave up her afternoon to take me to the car dealer so that I could



replace my car. A charity accepted my dead car and towed it away a couple of days later.

The challenges of living with Parkinson's can be worse some months than others. I hope you consider our support group a positive among those challenges.

Friday, May 1st, is our annual meeting and spring luncheon (potluck). Our Board Officers and other Directors will be introduced, and we'll be honoring John Goulet, who recently resigned from the Board. The event will be held at Valley Presbyterian Church at noon. I hope to see you all there!



~Charlene

SACK Class

Tuesday, May 19

1:30 pm at the PAC

Topic: VYALEV™



VYALEV™
foscarnidopa/foslevodopa

This will be an in-person presentation by Matt Thayer from Abbvie about the subcutaneous injections that provide a continuous flow of levodopa-based medication over 24 hours a day. This medication replaces carbidopa/levodopa tablets. You should attend if...

You are a person with PD and experiencing on/off times.
Your loved one has PD and is experiencing on/off times.
If you have trouble remembering to take your pills on time.
If you are tired of adjusting meal time around pill time.
If you need levodopa during the night as well as during the day.

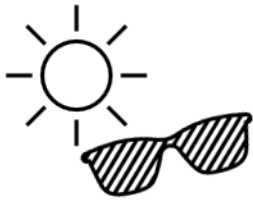
Give Parkinson's the SACK;
Become increasingly Knowledgeable.

In Memoriam

We miss the following member who recently passed:

Harry Bookwalter survived by his wife Bunny. They have been members since 2018.





Summer Brings Changes

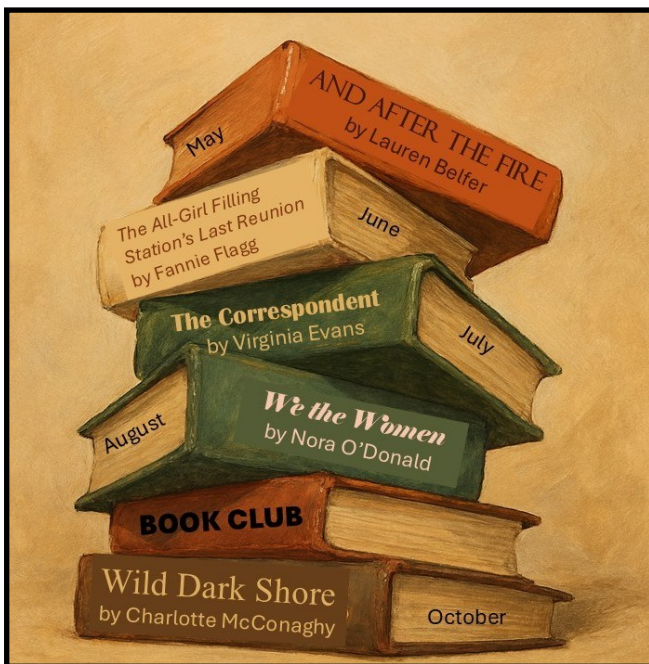
As in past summers, the *Parkinson's Post* issues shrink in June, July, and August to give our newsletter staff a bit of a break. The next full issue will be in September. Reading Char's daily emails will be more important than ever. Those messages often contain Our chair exercise classes and group sharing meetings will continue as usual.

The Monday and Thursday coffees will continue unless low attendance says that you are too hot to leave the house.

SAC(K) classes will continue unless no one attends. If you have a topic you would like addressed in class, let Char know at membership@gvparkinsons.org.

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.



Pole walking is cancelled until cooler weather returns.

Don't be surprised if new activities and meetings are added to the calendar. Read the daily emails!

Did You Miss It?



Parkinson's Awareness Talks

Parkinson's awareness is a big part of our support group's vision. No doubt there are people in our communities that have Parkinson's and don't know it, have been diagnosed but don't know about our support group, or have a preconception of what support groups are and don't realize that this support group is unique.

During April, we made presentations to the following groups/locations:

- GVR Pacific Northwest Club
- GVR Amigos Club
- La Posada
- Sahuarita Library
- Joyner-Green Valley Library

Another presentation is scheduled for May. If you want us to speak to your organization, email membership@gvparkinsons.org.



Kerry Amundson & Charlene Ostlund
GVR Pacific Northwest Club

May 2026

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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
Annual Meeting & Luncheon Noon

2

3

4

Exercise Class & Video 9:00 am

Coffee & Donuts at the PAC 10:15 am

5

PAC 1:00-3:30 pm

6

Golfing

Exercise Class & Video 9:00 am

7

Weekly Get Together 9:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

8

Exercise Class & Video 9:00 am

Activities at the PAC 1:00-3:30 pm

9

10



11

Exercise Class & Video

Coffee & Donuts at the PAC 10:15 am

12

PAC 1:00-3:30 pm

Book Club 3:30 pm

13

Golfing

Exercise Class & Video 9:00 am

Women with PD Zoom—10:30 am

14

Weekly Get Together 9:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

15

Exercise Class & Video 9:00 am

Board Meeting 10:30 am

Activities at the PAC 1:00-3:30 pm

16

17

18

Exercise Class & Video 9:00 am

Coffee & Donuts at the PAC 10:15 am

19

PAC 1:00-3:30 pm

SACK Class 1:30 pm

20

Golfing

Exercise Class & Video 9:00 am

Group Sharing Meeting FID—1:30 pm

21

Weekly Get Together 9:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

22

Exercise Class & Video 9:00 am

Activities at the PAC 1:00-3:30 pm

23

24/1

25

Exercise Class & Video 9:00 am



Coffee & Donuts at the PAC 10:15 am

26

PAC 1:00-3:30 pm

27

Golfing

Exercise Class & Video 9:00 am

Women with PD Zoom—3:00 pm

28

Weekly Get Together 9:00 am

Readers Theater 2:15 pm

Loud Crowd 3:30 pm

29

Exercise Class & Video 9:00 am

Activities at the PAC 1:00-3:30 pm

30

Meet our Members: Austa Rogers

By Larry Westfall

Our member Austa Rogers is married to Rick Rogers and lives in Sahuarita. They have been married for forty-seven years and have three children and nine grandchildren (eight of whom are boys). Austa hails from Rochester, New York originally, but has lived in many places, including France and the Netherlands, since both her father (Army) and her husband (Air Force) had military careers.

Austa was born in 1958 and moved with her family several times. During a ten-year stay at Fort Belvoir, Virginia, Austa graduated from high school and earned an Associate of Science Degree before Rick showed up to attend an advanced surveyors' training class, instructed by her father. They married in 1978 and Austa left one military family to form one of her own. Rick was stationed in Florida, so Austa joined him at Patrick AFB, followed by Fort Belvoir, Virginia, and Griffiss AFB, New York. Austa retreated with their young family to live with her grandmother near Rochester when Rick was remote in Korea for a year. Following his retirement in 1991 Rick worked as a private contractor in Albuquerque, New Mexico, then for the Air Force in Oklahoma City, and finally the Bonneville Power Administration in Vancouver, Washington. For 25 years Austa worked as a florist, but she left that employment eventually due to the long hours worked during weekends and holiday periods. She later



Austa Rogers

was employed as a church administrative assistant. She also sold Pampered Chef for 9 years.

By the year 2007 the children were out of school (one was married) so Austa decided to pursue further education. This resulted in her earning her Bachelors Degree in Leadership and Development in 2009. A year later she and Rick

moved to Sahuarita to be closer to children and her mother. Austa worked as the administrator at Grace Church in Sahuarita until 2018. They then purchased a 22' travel trailer, which they continue to use to travel away from Sahuarita when the heat calls for it.

Besides traveling with Rick, Austa is active in their church where she participates in several outreach programs. She has several hobbies, in-

cluding quilting, crochet, knitting, embroidery and reading (all of these keep her hands busy and reduce tremor). She was first diagnosed with Parkinson's Disease (PD) in late 2023. Soon afterward she read an article about our support group in a newspaper and at a daughter's insistence stopped by the PAC to get information. She met volunteer Barb (BJ) Rossow there and BJ told her she should start our chair exercise program (or she was going to come and drag her to it). Austa has participated ever since; she also participates regularly in our pole walking program and other activities.

Essential Oils and Parkinson's Disease

By: Diane Price

Essential oils are a complimentary therapy that may help manage Parkinson's symptoms.

I have always been a seeker of alternative ways to heal. Once I was diagnosed with Parkinson's, I really started researching the oils that could possibly help my symptoms.

I only use 100% pure essential oils. I buy mine from Doterra Essential Oils out of Utah.

The oils I am going to list below are the ones I use to help with Parkinson's symptoms.

Marjoram; Clary Sage; Balance; Serenity; Lavender; Frankincense; Sandalwood; Vetiver; Cypress; Bergamot; Geranium; Lemon; Helichrysum; Orange; Peppermint; Rosemary; Thyme; Cinnamon; Roman Chamomile; Basil; Ginger.

Some suggestions for use:

- For sleep problems and Anxiety: Lavender, Orange, Bergamot, Roman Chamomile and Clary Sage

- For nausea: Peppermint and Ginger
- For stiffness and Pain: Peppermint, Frankincense, Basil and Sandalwood
- For tremors: Vetiver, Basil, Clary Sage, Lavender, Frankincense



- For Brain Function: Rosemary, Cinnamon, Frankincense, Lavender, Peppermint, Lemon

I put 2-4 drops of the oils I choose to use in a roller bottle, then I fill the roller bottle with fractionated coconut oil as the carrier oil. Before going

to sleep I roll the oils all over my feet and the temples on my face. I then breathe in deeply the smells off my hands.

Remember, everyone is different and you need to do what you feel is best for you, your symptoms, and your situation.

Remember: Make food your medicine

Make your thoughts your medicine

Make movement your medicine.

Let's give Parkinson's the SAC!

FRIDAY, MAY 1

Spring Luncheon Annual Meeting

Valley Presbyterian Church

Noon

Parkinson's Support Group of Green Valley
PO Box 714
Green Valley AZ 85622

THANK YOU TO OUR SPONSORS



Fry's Community Rewards
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Parkinson's Post
Publication

Thanks to these volunteers who made this publication possible.

Curt Ackley	Charlene Ostlund
Bonna Cunningham	Larry Westfall
Michael J. Fox	Lucinda White



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Smoke Alarm Battery Program - 520-393-7505
Lock Box Program - 520-625-9400
Desert Pest Removal - 520-629-9200
Chirping Smoke Detector - 520-629-9200