



September 2026 Parkinson's Post

From Parkinson's Support Group of Green Valley <supportgroup@gvparkinsons.org>

Date

To

[View this email in your browser](#)



September 2026

Print Friendly Newsletter

Message from the President



*Charlene Ostlund
President*

A long-time friend from Iowa called me at the beginning of August. She had just received the results from a biopsy done on her nose—skin cancer. Her doctor recommended Mohs surgery. She was thinking about refusing the surgery, especially after hearing about my challenging summer—three surgeries because of a small spot in the same location as hers. It had never occurred to me to refuse the surgery. My friend reasoned that at her age, maybe removing the malignant cells wasn't worth the risk of losing a big chunk of her nose.

The decision she had to make reminded me of a book in our support group's library—*Being Mortal*. Written by a surgeon and professor at Harvard Medical School (Atul Gawande), it poses the idea that "what medicine can do often runs

counter to what it should do.” Doctors are trained to do everything under the sun to extend lives, which means the end of life might be in a hospital room hooked up to tubes and machines that are keeping the person alive.

90% of people say that talking with their loved ones about end-of-life care is important. 27% have actually done so. ¹

You should be the one to decide your care at the end of life. What happens if you are in a coma or not cognitively able to make decisions? Now is the time to put your wishes on paper and inform your families about them.

If you haven’t already done so, or if it’s time to update your living will, join us for a small group discussion on the subject. I’ll be teaming up with Cynthia Wolcott MSW, hospice social worker, end of life doula, and retired therapist, to lead the discussion. We’ll be using Five Wishes® and Your Conversation Starter Kit to guide you in making end of life care decisions and to help you break the ice when speaking to your loved ones on the subject that no one wants to discuss.

Register for this small group discussion by contacting me at membership@gvparkinsons.org. We’ll schedule the day and time after enough members have signed up.

--Charlene

¹*Your Conversation Starter Kit*

Changes with the POST

To me, September still feels like the month for renewal...maybe because when I was teaching, it was the beginning of a new school year...maybe because it’s when Green Valley wakes up after enduring the summer heat.

With this issue, the *Parkinson’s Post* will be undergoing some changes. It will now be a quarterly publication—September, December, March, and June. The staff’s focus will be on producing the digital version sent by MailChimp to your email inbox. It will be in color with short intros to articles and links to the complete articles. There will be photos, the calendar, and the activities page. For those of you who like to read a paper copy, there will be a print-friendly version with the articles, calendar, and activities page. This version will have fewer photos and artwork—just the basics, which will use less ink for printing. For the months when the Post won’t be published, there will be a bulletin or

calendar issued.

Many people don't like changes, but before complaining, take a moment to appreciate the hard work and time that the volunteers on our newsletter staff put into each issue.

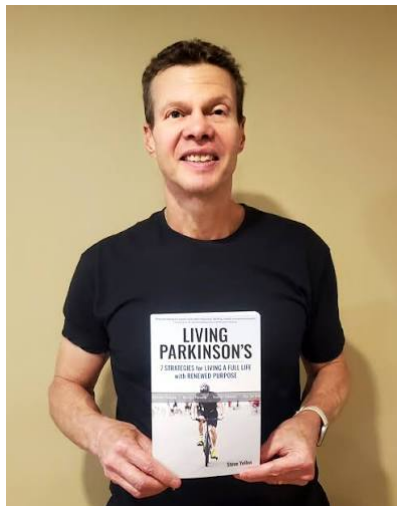


Upcoming SACK Classes

All SACK classes begin at 1:30 at the PAC (555 N La Canada)

Tuesday, September 15

Live Zoom session with author Steven Yellen who wrote *Living Parkinson's*.
"I embrace my Parkinson's, focusing on it every day and using it as motivationI welcome the challenge that I've been givenIt is my reason for getting out of bed in the morning, not my excuse for avoiding the day...." --Steven Yellen



Read Steven's bio at <https://www.livingparkinsons.com/full-bio>. If his bio is any indication, you will find this Zoom session inspiring.

Tuesday, October 20

Topic: Hallucinations and Delusions in Parkinson's

Meagan McCluskey, Patient Educator from Acadia Pharmaceuticals Inc.

Nonmotor symptoms of Parkinson's are as, if not more, challenging as motor

symptoms. This will be an in-person presentation.

Give Parkinson's the SACK; Become increasingly Knowledgeable.

Did You Miss It?



July SACK Class

Disc Golf for Parkinson's

Lenny Friedman introduced us to the sport of disc golf. The main part of the game is walking. It involves low impact/high amplitude movements. There are three courses in Sahuarita. Veteran Park on Old Nogales Road across from the entrance to Quail Creek is the shortest course and easiest to walk. Walkers can be used.

To play, a disc is thrown aiming at specially designed baskets with chains that direct the discs into the baskets. We will schedule our first disc golf adventure when weather cools. Watch our daily emails for an update.

August SACK Class

Parkinson's and the Power of Art

In the August class, we watched and discussed a video produced by the Michael J Fox Foundation in which Rachel Dolhun, MD, interviewed Bastiaan Bloem MD, PhD, neurologist and researcher, about art, creativity and Parkinson's. In this conversation, art includes painting, writing, photography, music, sculpting, dancing, and more. Dr. Bloem spoke about creative art as well as receptive art, in which one appreciates the work of others. He believes that both have healing powers.

Dr. Bloem mentioned that people doing art often experience "flow", the state of being fully immersed in an activity, which can help with tremor and anxiety.

Art is the missing part of holistic Parkinson's care along with nutrition, controlling stress levels, and exercise.

Be sure to read member Michael J. Fox's article in this issue about Green Valley's Performing and Arts Center, which provides both creative and receptive art opportunities.

The video we used in class can be viewed at:

<https://www.michaeljfox.org/news/art-for-parkinsons>

Summer Potlucks

By moving the summer potlucks to Friends in Deed, there was more space to arrange the food and to maneuver around the room. There was a good variety of dishes, some made from old family recipes. The opportunity to socialize is always appreciated by our members. Because of their success, we have added one more potluck on September 4th—same place and same time.



PAC Activities

On most Tuesday afternoons this summer, you could find crafters creating masterpieces at the PAC. Whether working with diamond dots, rocks, beads, yarn, or paper, having fun with friends was the best part. We thank Carol, Nancy, Anita, and Debbie for planning and leading the activities.



Enjoy the Arts in Green Valley

by Michael J. Fox

The **Community Performance and Art Center** (CPAC) is not only for stage productions. Dance weekly. Attend an art gallery workshop. Look at an art competition. Peruse paintings available for purchase. The center brings the arts to everyone.

CPAC annually hosts dozens of visual art exhibits, workshops, photography competitions, and classes. Fees are required for many classes. See the [CPAC Program Guide](#) for specifics

Local resident Susan Ettl, a Visual Arts Director/Instructor at CPAC, said that it has been a lot of fun teaching in the art world. “If I can be an artist, anyone can be creative and be an artist.” She would like to see more people, particularly seniors, sign up to participate in the art classes offered by CPAC.

Art Exhibits are displayed each month with artists donating 25% of their sales to CPAC. The gallery is open Monday through Friday 11am – 2 pm (through September) in addition to one hour before performances and during intermission.

The CPAC is a 501(c) (3) non-profit arts organization serving Santa Cruz Valley residents.

Another area of interest is **OLLI (Osher Lifelong Learning Institute)**- – and community members say they value the courses. Penelope Lavoie of Green Valley has taken eight classes through OLLI-UA. Her favorite classes were on reptiles, and movie directors. She said, “I thought it would be interesting, fun to take. I enjoyed all of them.”

OLLI – UA Green Valley stimulates the brain and keeps it engaged. Held in the Community Learning Center next to CPAC. These classes are designed for adults 50 and older. The fall semester begins September 14. Classes are listed online <https://olli.arizona.edu/search?rid=1427&cid=142>



Caregiver's Guilt

"Sometimes love means saying no, even when you know how much a yes would've meant." This is a quote from a *Parkinson's News Today* article republished by PMD Alliance.

Family caregivers are not trained. They make decisions daily based on gut instinct, always trying to balance their loved one's independence with their safety. Sometimes it is necessary to say no to things like driving, using power tools, carrying things while walking, etc.

The writer of the article said that sometimes the safest choice doesn't feel the kindest. The guilt from saying no can linger long after the decision is made, and it is seldom talked about.

If this sounds like you, come to our monthly PD Partners meeting at Friends in Deed (1:30 pm on the 3rd Wednesday of every month). The group may not have answers, but they will listen. Come. Share. Support.

Raffle Tickets

Do you want a chance to win a new 2026 Nissan Frontier Pro-4X Roush®Edition, two round-trip airline tickets to anywhere in the world, or \$5,000 cash? It's The Jim Click Millions for Tucson Raffle.

Raffle tickets cost \$25.00 each or 5 for \$100.00. All money we raise from the sale of tickets goes directly to our support group. Larry and Mary Westfall will match up to \$10,000 raised by the sale of tickets for our support group. This is our kickoff for raising money for our space initiative. The sale of tickets continues into November.

Tickets to sell or purchase are available from Mary and Larry Westfall. They generally attend exercise class, Monday's coffee and donuts gathering, and Thursday's gathering at Posada Java. Let's force them to match the entire \$10,000!



More Deals for You!

We will have a table at the Greater Green Valley Community Foundation's Sip, Swirl, Shop, and Shine Forward event on November 14th at the Historic Canoa Ranch. Tickets to taste wines are \$30 per person. If you go to their website <https://www.shineforwardsoaz.org/> by November 11th and donate \$100 to one of their charities (one of which is our support group) you will be given two free tickets--a \$60 value.

In Memoriam

We miss the following members who we recently lost:

Charles Oldham survived by his wife Kate McCarthy.

Rick Gossett survived by Linda Sax.



In Appreciation

Georganne Rodgers-Garn delivered a check to the PAC on August 17th during our weekly coffee and donuts gathering. The donation was on behalf of the Grand Chapter of Arizona, Order of the Eastern Star. The chapters of this organization are encouraged to recognize and assist organizations whose work makes a positive difference in the lives of others. We accepted the donation with gratitude.



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.

September: *Miss Morgan's Book Brigade* by Janet Skeslien Charles

October: *How to Read a Book* by Monica Wood

November: *The Kitchen Front* by Jennifer Ryan

December: *The Lion Women of Tehran* by Marjan Kamali

January: *The Book Club for Troublesome Women* by Marie Bostwick

February: *Theo of Golden* by Allen Levi



September Calendar

Look At All Our Activities!

Member Spotlight: Jim Maxwell

By Larry Westfall

For the past year, Jim Maxwell has been a familiar and welcome face in our Chair Exercise Program at Valley Presbyterian Church. His dedication, good humor, and remarkable life story make him a standout member of our community.

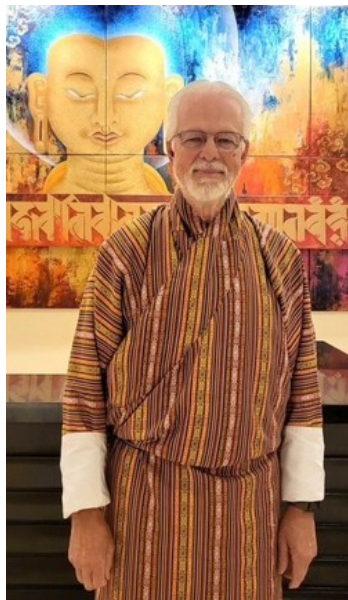
Jim was born and raised near Cardington, Ohio, just north of Columbus. His childhood was shaped by life on his parents' 265-acre dairy farm, which also operated as a milk and ice cream processing plant. Before most teenagers were awake, Jim was on the road at 5 a.m., collecting raw milk from neighboring farms and later delivering fresh milk to homes across the region. This tradition ran in the family. Years earlier, Jim's grandfather had delivered milk from a horse-drawn wagon — and it was that same grandfather who launched Jim's first business venture. In seventh grade, he gifted Jim six pigs for a 4-H project. Jim expanded the operation over several years, eventually selling 260 pigs after high school graduation. The proceeds paid for his first two years at Ohio State University.

Jim graduated from Ohio State in 1966 with a degree in Agricultural Economics. Inspired by President Kennedy's call to service — *"Ask not what your country can do for you; ask what you can do for your country"* — he joined the Peace Corps. He was assigned to an agri-business project in Peru's altiplano, while fellow trainee Pamela, whom he met during training, was assigned to Lima. Facing two years apart, Jim and Pamela made a bold choice: they left the Peace Corps, married in 1967, and life took them in new directions, but their marriage endured — now 59 years strong.

Jim began his professional career at Battelle Memorial Institute, during which time he earned both a Master's Degree in food marketing and an MBA. A memorable early assignment took Jim and Pamela to Hong Kong, Taiwan, the Philippines, and Japan in 1971 — their first international trip and the beginning of a lifetime of global work. He later joined Beatrice Foods, launching a major

agri-business project in Nigeria and serving as CEO of the first Chinese-American joint venture. Jim eventually founded his own management consulting firm with offices in Hong Kong and Singapore, managing projects throughout Asia. In 1979, Cargill Corporation hired him to oversee African technical assistance programs from Washington, D.C. He concluded his career with 12 years managing international agribusiness development projects for USAID, based in Burlington, Vermont. Over the course of his career, Jim and Pamela lived in eight countries and visited more than 140.

After several years of wintering in Arizona, Jim and Pamela moved permanently to Madera Shadows in Green Valley in 2015. Although Jim has not been formally diagnosed with Parkinson's disease, he experiences many of its symptoms and receives care from a movement-specialist neurologist at Banner Hospital. True to his lifelong work ethic, Jim believes strongly in staying active. He participates in the Adaptive Pickleball Project, enjoys shuffleboard and remains committed to movement-based wellness. He and Pamela continue to travel internationally — now for fun and to reconnect with friends made across decades of global work.



"Looking Forward"

2026-2027 BOARD OF DIRECTORS

President: Charlene Ostlund (Membership/Outreach/Programs)

President Elect: Deb Twarogal (Marketing/Public Relations)

Vice President: Barbara Rossow

Secretary: Bonna Cunningham

Treasurer: Mary Westfall
Nancy Hurst
Trish Kallembach
Doug Mutter (Building Space)
Tom Shoenhard
Ginger Wait (Past Treasurer)
Elaine Webber
Jack Webber
Larry Westfall (Finance)
Stevan Wells
Lucinda White (Technology & Innovation)

THANK YOU TO OUR SPONSORS



*Copyright © *2026* Parkinson's Support Group of Green Valley, All rights reserved.*

Our Contact information:

Parkinson's Support Group of Green Valley
PO Box 714
Green Valley, AZ 85622
520-372-2368
supportgroup@gvparkinsons.org
<http://gvparkinsons.org>

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).