

# Parkinson's Post



Supporting people  
with Parkinson's  
since 1991

February, 2019 • Inside this Issue

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## From The Board

February will be an exciting month for our support group, but first, I want to pass on a HUGE thank you from **Mia Lee Cooper** to the exercise class participants for the generous gift.

We're excited to have **Dr. Ospina**, movement disorder specialist, present our lecture on February 1<sup>st</sup>. We're equally excited to have a great list of activities planned for **SAC Club**. Along with the highlighted activities listed in this newsletter, there will be other games and puzzles available. You're welcome to bring your own games.

The exception will be February 4<sup>th</sup> when we'll be having discussion groups meeting to follow up on the January lecture topic of end of life care. If you wish to participate in the discussion groups but haven't yet signed up, please call Bill Hanne.

If you are interested in helping to plan activities for **SAC Club**, leading an art activity, or leading a cooking/baking session, please contact me at [supportgroup@gvspd.org](mailto:supportgroup@gvspd.org).

*Stay active!*  
*Charlene*

## February Lecture

It is always a special event when we line up a neurologist to speak to us. Thanks to Sarah Jones, executive director of PMD Alliance who made the arrangements, and Marla Venyige from US WorldMeds for sponsoring the event. Our presenter on Friday, February 1<sup>st</sup>, will be **Dr. Ospina**, a movement disorder specialist.

If you have been attending our lectures for a few years, you may recognize **Dr. Ospina**. She has spoken to us more than once in the past and we're excited to have her return to Green Valley. She speaks frankly and isn't afraid to tackle any topic.

She will be introducing us to a rather new medication for Parkinson's called Xadago. Finding the right medication to treat the symptoms of such a complex disease is not easy so it's always good to have additional options.

But there's more....

Our lecture series that runs from September to March has the theme "A Conversation about..." The speakers are covering subjects that many people avoid discussing because they are difficult to start. We picked February for Dr. Ospina's talk because we have also asked her to speak about intimacy between people with PD and their loved ones. As mentioned above, she's not afraid to tackle any topic.

As usual, the lecture will be at 1:00 in East Social Center. If you received a coupon at our holiday luncheon for front row seating, be sure to bring it with you. We're expecting a large crowd.

**Mondays 1:00 – 3:00** • • • **Come and go as you please**

**Feb. 4:** End of Life Care discussion groups with Bill; no other activities this time

**Feb. 11:** Making Valentines for your loved one, poker, and more

**Feb. 18:** Card making, in-the-kitchen with Tom, and more

**Feb. 25:** Make & take with Janice, Drawing with artist Carole Bruno, and more

What is "and more"? Some activities will be available every week, such as, puzzle books, jigsaw puzzles, and games. Feel free to bring your favorite games from home. Drop by each week to see what is happening.



## Did You Miss It

### January Lecture

We may have set a record for number of presenters at January's lecture: **Bill Hanne**, past president of our support group, **Kimberly Berberich** (Amedisys Hospice), and three volunteers from Amedisys including our own member, **Janice Howlett**.

The topic was The Conversation about End of Life Care. People resist thinking about end of life, but that's exactly why we need a push to have the conversation. As was mentioned during the lecture, we are all dying and have been since birth. Bill asked, "Do we fear death or how we get there?" Good question.

64% of people die in hospitals tethered to machines. Bill reminded us that the medical profession is dedicated to preservation of life. Contrary to what Hollywood leads us to believe, only 10% of people survive CPR. Those who survive are likely to have a broken sternum, broken ribs and heavy bruising. My father-in-law was in the 10% group that survives CPR. He experienced broken ribs and short-term memory loss due to the lack of oxygen before the first responders started CPR. While in the hospital, pneumonia worsened the pain of the broken ribs. Yes, he recovered, but he then discovered that his melanoma had returned (probably from the stress of cardiac arrest, CPR, and pneumonia). He didn't live long after that.

**If dying in a hospital** with as many as eight plastic tubes inserted into you doesn't appeal to you, learning more about hospice might be the option right for you. The first thing you should know is that Medicare Part A covers 100% of the cost of hospice. The second thing is that most people wait too long to benefit fully from hospice. You do not have to wait for your doctor to suggest it. The medical director at whichever hospice agency you choose will do an evaluation to see if you qualify. Note—many people live longer when receiving care from hospice.

End of life care is not a decision to make in time of crisis. There is a lot to consider. Our upcoming discussion groups can lead you through the process.

### Support Meetings

In January, we started with a joint meeting and then broke up into the usual smaller groups. **Fred and Marlene Pelton** showed a device that they have found useful when Marlene needs Fred's assistance, but he is in another room or even outside the house. Fred carries a pager with a choice of ring tones (which they demonstrated multiple times) and Marlene wears a device with a button she presses to alert Fred. You can find the device online by searching for "caregiver pager". Thanks for the information, Fred and Marlene!

### In Memorium

**Bill Heath** survived by his wife **Marcia**; Bill is fondly remembered by members of our exercise class, the speech group, and those who attend our social gatherings.

### Parkinson's Post

**Editor:** Dan Fahy

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**Bill Hanne**

**Charlene Ostlund**

**Sue Colley**

*Thank you to these volunteers who made this publication*

# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Exercise 9:00-9:45  Lecture 1:00	2
3	4 Exercise 9:00-9:45  SAC Club 1:00	5 Golfing 8:30	6 Exercise 9:00-9:45  Mandela 11:00 Brain Aerobics 1:00 FID	7 Meet & Greet 10:00	8 Exercise 9:00-9:45	9
10	11 Exercise 9:00-9:45  Exercise SAC Club 1:00	12 Golfing 8:30	13 Exercise 9:00-9:45  9:00-9:45	14 <b>Valentine's Day</b>  GAP	15 Exercise 9:00-9:45  Board Meeting 10:00	16
17	18 Exercise 9:00-9:45  SAC Club Cardmaking 1:00	19 Golfing 8:30	20 Exercise 9:00-9:45  Women with PD Men with PD PD Partners 1:00	21	22 Exercise 9:00-9:45	23
24	25 Exercise 9:00-9:45  SAC Club 1:00	26 Golfing 8:30	27 Exercise 9:00-9:45	28 Friends Night Out 5:00 Dominick's		

## BOARD MEMBERS

### President

Tom Shoenhard

### President-Elect

Charlene Ostlund

### Vice President

Suzanne Colley

### Secretary

Bonna Cunningham

### Treasurer

Marcia Heath

### Directors

Joe Barton

Bill Hanne

Cheryl Brault

Ann Ketterer

Sue Cupell

Ken Peters

Dan Fahy

## Upcoming Events:

### Lecture Series



- Next lecture: **February 1, 2019**
- East Social Center (7 S. Abrego Dr.)
- 1:00p

### Meet & Greet



- Second Thursday of the month
- Old Chicago Deli
- 10:00a

### Friends Night Out



- Last Thursday of the Month
  - 5:00p Dominic's (Formerly Lavendar's)
- Contact: Marcia Heath

### Parkinson's Exercise Class



- Monday, Wednesday, Friday
- Valley Presbyterian Church (2800 S Cmn Del Sol)
- 9:00a - 9:45a
- Led by Mia Lee Cooper

### Support Group Meetings



- First Wednesday of the month: Women with PD
- Third Wednesday: Women with PD, Men with PD, and PD Partners
- Friends in Deed (301 W. Camino Casa Verde)
- 1:00p - 2:30p

### Aquatic Tai Chi



- Tuesdays and Thursdays
- Arroyo Gardens (160 N. La Canada Dr.)
- 2:00p
- Contact: Sue Colley

### Card Making



- 3<sup>rd</sup> Monday of the month
- Friends in Deed (301 W. Cmo Casa Verde)
- 12:30p
- Contact: Charlene

### Mandala Coloring/Brain Aerobics



- 2nd Wednesday of the month
- Friends in Deed, 301 W Camino Casa Verde
- Mandalas-11:00 am/Brain aerobics-1:00 pm
- Instructor: Patricia Izzi
- Contact: Charlene Ostlund

### Golfing



- Tuesdays
- 8:30a/winter and 7:00a/summer
- Country Club of Green Valley (77 E. Paseo de Golf)
- Reduced rate!
- Contact: Joe Barton

### Gratitude, Affirmation and Prayer (GAP) Meeting



- Third Thursday of the month
- 761 S. Abrego Dr.
- 10:00a - 11:00a
- Contact: Charlene Ostlund

### Take Note!



#### Friends in Deed • Mondays • 1:00p

- February 4: End of Life Discussion Groups, Bill Henne Leading
- February 11: Valentines for your loved ones
- February 18: Card Making; In the Kitchen with Tom and more
- February 25: Make & Take with Janice
- April 26: Caregiver Day event at Community Center



### Additional Supporters of our Group

Arroyo Gardens

Country Club of Green Valley

Green Valley Recreation

Valley Presbyterian Church

Home Watch Care Givers

Access Wisdom Care Givers

Southern Arizona Eldercare

## PD in the News

Which came first—the egg or the chicken? Scientists studying the cause of Parkinson’s may not care about eggs and chickens, but they’re very interested in the buildup of  $\alpha$ -synuclein, a toxic protein found in PD patients, and defective astrocytes. A recent discovery completely changed the opinion of which happens first to cause Parkinson’s disease.

The connection between  $\alpha$ -synuclein and Parkinson’s is not new. A team of scientists from the IDIBELL and the University of Barcelona now say that defective astrocytes, previously thought to be a by-stander in the process of the disease, play an important role in the accumulation of  $\alpha$ -synuclein. Astrocytes are star-shaped cells that support neurons by cleaning up brain debris and carrying nutrients to them.

This discovery gives researchers a new angle to explore while searching for a cure for Parkinson’s.

## Power Chair Available

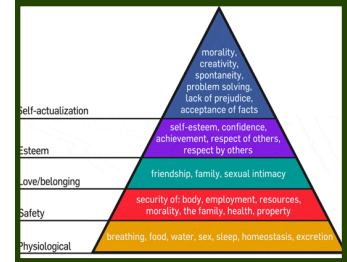
Years ago, someone donated a power chair (like a scooter) to our support group. Since then, members in need of such a device have borrowed and used it long-term without charge. We recently replaced the battery, and once again, it is available to any member in need of it. Call any of our Board members (listed on page 4) to make arrangements.



## Partners’ Perspective by Charlene Ostlund

*Maslow’s Need Hierarchy continued...*

As we continue to move up the pyramid from basic and security needs, we come to social needs. You might think I purposely timed highlighting this need to coincide with our first full month of SAC Club, but I assure you, my brain isn’t that well organized.



Caregivers are often so focused on their loved one’s basic needs that they overlook their social needs, as well as their own. They may be too busy or don’t think social needs are important.

Think again! [Davisphinneyfoundation.org](http://Davisphinneyfoundation.org), which promotes living well with Parkinson’s, offers a list of benefits of social connectedness. Part of the list is below.

## People who are more socially connected...

- Have more access to information
- Receive more emotional support
- Take advantage of community programs
- Experience better physical and mental health
- Manage stress, change and loss in more productive ways
- Bounce back from physical setbacks more quickly

Check this newsletter’s page of Upcoming Events for ways for you and your partner to build social connections.

## Shirts—Place Your Order

If there is enough interest, we’ll place another shirt order. The shirts are polo shirts in white, dark gray, or medium blue with our support group’s logo. We charge \$15 each.

# HURRY

This is not a fund raiser. The support group subsidizes the cost. The shirts are one way to publicize our existence to the community. You can place your order at any of our events this month. If you don’t want to wait for the order to come in, we have a few shirts on hand:

**Women’s: 2 M white, 1 L gray, 1 L white.**

**Men’s: 1 L white**



GV Support Group  
PO Box 714  
Green Valley AZ 85622

### Numbers to Record

The Green Valley Fire District provides services that may be important to you today or in the future. Keep these phone numbers handy.

Smoke alarm battery program: **520-393-7505**

Desert pest removal: **520-629-9200**

Lock box program: **520-625-9438**

Urgent care in your home/nurse practitioner: **520-428-0550** (for appointments or information). The nurse accepts Medicare and there is no copay.



### Upcoming Events:

Friday, **February 1, 2019** Lecture at East Social Center

Friday, **April 26: Caregiver Day** event at Community Center