

Parkinson's Twig



Supporting people
with Parkinson's
since 1991

JUNE 2019

A summer e-publication to keep you informed of what is happening while the newsletter staff is on summer break – almost.

If this is your first summer in our support group, let me introduce you to the *Parkinson's Twig*. Not so many years ago, our newsletter staff took a break during the summer months. It was President Bill Hanne that started the *Twig* by sending a monthly email to members during the summer. The practice has continued. Printed copies will not be mailed but will be available at our events at the beginning of each month for those who do not receive the email version.

June Potnic

Join us at Friends in Deed at noon on Friday, June 7, for our first summer potnic (potluck/potnic). Bring a dish to pass. Tableware and water will be provided. No need to sign up.

Annual Meeting/Spring Luncheon

President Tom Shoenhard introduced the Board officers and directors for the coming year. There is one new director—Dave Swigert. You will likely see Dave and his wife, Mary, at exercise class or one of our other events. Tom also announced that a committee is working on developing a new website with hope that it will be ready this fall. While developing a website is an expensive project, Tom informed us that an anonymous benefactor has donated 80% of the cost by directing his/her mandatory IRA withdrawal directly to our support group.

Parkinson's Disease Nutrition

Seventeen people attended the cooking lesson at SAC Club on May 13th presented by Vanessa Leschak and Teresa Kitchens. Vanessa prepared chickpea taco salad while demonstrating utensils made for people who might have difficulty handling traditional knives to slice and dice. Teresa offered tips for substitutions while making chocolate mousse from organic coconut cream.

Members Val Kiesel and Kurt Kasischke showed how to remove the pit and slice an avocado. Everyone enjoyed eating a generous serving of salad and mousse and went home with the recipes.

On Monday, June 3rd, Teresa will return to SAC Club to talk to those interested in their Personal Chef services, in which they do the grocery shopping and prepare personalized meals based on your dietary restrictions and preferences for a reasonable fee.

Meanwhile, check out the updated diet guide from the Michael J Fox foundation: [www.michaeljfox.org/files/041819 MJFF DIET GUIDE.pdf](http://www.michaeljfox.org/files/041819_MJFF_DIET_GUIDE.pdf). The foundation also has a short video about diet for people with PD.

Outreach

Patricia Izzi, one of our outreach callers, has resigned from the committee. Many thanks for her efforts during the past year. Jerilyn Lupu has volunteered to take over some of Patricia's call list so if you receive a call from Jerilyn, you'll know why. If you are not receiving friendly outreach calls and would like to, please let Charlene know.

Help Shape Our Future

Our support group is constantly evolving. If you want to be a part of the evolution, come to SAC Club on Mondays this summer and join in the brainstorming and planning sessions. We welcome people who dream big and also workers who make things happen. Also, this summer at SAC Club we'll try a variety of games to find your favorites.

Stay active!
Charlene

JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Exercise 9:00-9:45	4 Golfing	5 Exercise 9:00-9:45 Adult Coloring 11:00 Brain Aerobics 1:00	6 Meet & Greet 10:30	7 Exercise 9:00-9:45 June Potnic Friends in Deed 301 W Calle Casa Verde	8
9	10 Exercise 9:00-9:45 Card Making 12:30	11 Golfing	12 Exercise 9:00-9:45 Women with PD Men with PD PD Partners 1:00	13	14 Exercise 9:00-9:45	15
16	17 Exercise 9:00-9:45	18 Golfing	19 Exercise 9:00-9:45	20	21 Exercise 9:00-9:45 Board meeting 10:00	22
23/30	24 Exercise 9:00-9:45	25 Golfing	26 Exercise 9:00-9:45	27 Friends Night Out 5:00	28 Exercise 9:00-9:45	29

BOARD MEMBERS

President

Tom Shoenhard

President-Elect

Charlene Ostlund

Vice President

Suzanne Colley

Secretary

Bonna Cunningham

Treasurer

Marcia Heath

Directors

Joe Barton

Ann Ketterer

Sue Cupell

Ken Peters

Dan Fahy

David Swigert

Bill Hanne

Lucinda White

Upcoming Events:



Potnic

- Friends In Deed (301 W Camino Casa Verde)
- Luncheon at 12:00p
- Details on Page 1



Meet & Greet

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



Friends Night Out

- Thursday, June 27, 5:00a
- Arizona Family Restaurant
- Contact: Marcie Heath



Parkinson's Exercise Class

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



Aquatic Tai Chi

- Tuesdays and Thursdays
- Arroyo Gardens (160 N. La Canada Dr.)
- 2:00p
- Contact: Sue Colley
- **TAI CHI IS CANCELLED until September.**



Card Making

- 3rd Monday of the month
- Prestige Assisted Living (1175 S. Abrego Dr.)
- 12:30p
- Contact: Charlene Ostlund



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



GAP (Gratitude, Affirmation, & Prayer)

- 3rd Thursday of the month
- 761 S. Abrego Dr.
- 10:00a - 11:00a
- Contact: Charlene Ostlund
- **CANCELLED until September**



Support Group Meetings

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



Additional Supporters of our Group

Arroyo Gardens	Green Valley Recreation
Country Club of Green Valley	Prestige Assisted Living
Friends in Deed	Valley Presbyterian Church

Parkinson's Post Staff

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Thank you to these volunteers who made this publication possible.