

Parkinson's Twig



Supporting people
with Parkinson's
since 1991

JULY 2019

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

Board of Directors

With regret, the board has accepted Tom Shoenhard's resignation as board president because of health issues. Tom became president in May of 2016. We had no vice-president when Bill Hanne resigned the presidency, and so Tom stepped up and accepted the position. He was and is a volunteer from the community with no immediate connection to Parkinson's—just a kind heart. We thank Tom for his years of service as president and hope he feels better soon. Because I was president-elect, I have moved to the position of president. I will continue to support the projects started under Tom's leadership, particularly creating a new website. I'm thankful for our dedicated board members.

July Potnic

Our next summer potluck will be at noon on July 5 th at Friends in Deed. Dan Fahy will be serving his chunky vegetable soup and ham sliders. You may remember from last year how tasty Dan's soups are. Those who attend should bring a dessert or side dish. Join us!

The Month Past

The June highlights were exercise class, the potnic, the greet & meet, the talk on CBD products and medical marijuana during our Friends in Deed group meeting, and Friends Night Out at Arizona Family Restaurant.

The Upcoming Month

Apathy is one of the most discouraging symptoms of Parkinson's. Let's SAC apathy! Be assertive! Come to SAC Club this summer. SAC Club continues to meet at 1:00 on Mondays at Friends in Deed. You have heard that learning

new things keeps your brain stimulated. Heaven knows, we all need that! This summer our focus is on learning new games. You can stay home and watch TV, which provides as much mental stimulation as sleeping, or you can come to SAC Club and fire those neurons while having fun playing a game. The truth is, I need you to learn the games this summer so that you can teach them to the winter folks when they return.

Our popular Friends Night Out will be at the Longhorn Grill in Amado on July 25 th . Be sure to sign up.

Float

We want to build a frame from which to hang our banners for our float for the White Elephant parade. The frame needs to be able to stand inside the bed of a pick-up truck. If you know anyone with carpentry skills, let me or one of the other board members know.

Stay active!
Charlene

IN MEMORIAM

Larry Thomas passed on the morning of June 7, 2019. Many of you will remember Larry from exercise class. Larry wanted memorial gifts made to our group (GVSPD), or the national Parkinson's Foundation He will be missed.

Paul Kasper. Paul's wife, Debbie, informed us that GVSPD was named as recipient of memorial gifts. We are grateful for the donations. May he rest in peace.

MORE NEWS ABOUT PD

CBD — Miracle Drug or “Gateway to Addiction”

Editor’s Note: *As an HIV survivor of more than 25 years and an attendee of the program I found that it was an informative presentation. I have used medical marijuana for pain of a pinched sciatic nerve. I can’t make it through the day without a “gummy” around 4:00 everyday. I get pain relief and enjoy a night’s sleep like a baby. DVF*

Clarissa Alvarez from Home Care Assistance, leader of our men’s group invited two speakers for Wednesday’s support group meeting at Friends in Deed. They informed us about CBD oil and medical marijuana. The topic clearly was popular. CBD is a component of the whole marijuana plant. It is non-addictive. More than 25 attended looking for relief of pain, and remedies for rigidity, insomnia and other common problems for Parkinson patients. All three groups met in Room D where the PD Partners usually meet at 1:00. The presenters, owner Kim Williams and consulting physician Dr. George Huggins, MD were from Tumbleweeds, a Tucson based business that helps

pain sufferers apply for a medical marijuana cards from the state. They also supply CBD products in all form and fashion. The offerings include tinctures, salves, lotions and more. The bonus speaker was Dr. George who spoke at length about the benefits of CBD. He offered anecdotal stories. Dr. George was chief of John Hopkins OB/GYN program for pregnant drug addicts and new-born babies addicted to a wide variety of drugs. He treated mothers and babies with CBD to soothe the pain of withdrawal and help the babies withdraw before they, too, would be addicted. Great stories that seem to make an impression on those looking for reasons to try CBD.

The two also spoke about the use marijuana for more acute forms of pain and other symptoms of Parkinson’s folks. Both CBD and marijuana are available in many forms for ingestion, from plant to salves, tinctures, “gummies” and other forms.

Mouse Model Shows How Parkinson’s Disease Begins in the Gut

Editor’s Note: *I found this current article about the origin of PD. I know this theory has been*

around for some time, but there is now new scientific research to back up the theory—DVF


Johns Hopkins’s Ted Dawson discusses his lab’s demonstration that misfolded α -synuclein can move from the stomach to the brain and cause physical and cognitive symptoms. Scans of the brains of mice show a reduction in dopamine (colored areas) in the striatum of the Parkinson’s disease model that was injected with pathogenic α -synuclein (right; control mouse on left). TED DAWSON ET AL. / NEURON, 2019, <https://www.the-scientist.com/news-opinion/mouse-model-shows-how-parkinsons-disease-begins-in-the-gut-66048>

In 2003, Heiko Braak, then a neuroanatomist at the University of Frankfurt, suggested that Parkinson’s

disease pathology may start in the gut and travel from there to the brain long before a patient shows symptoms. The idea, based on postmortem analyses of samples from Parkinson’s patients, has been hotly debated ever since.

In a study published today (June 26) in Neuron, Ted Dawson, a neurologist at Johns Hopkins School of Medicine, and his team created an animal model of the disease by injecting particular proteins into the stomachs of mice. About a month later, the animals showed symptoms of Parkinson’s disease. The model not only demonstrates how the disease protein can travel up from the gut to the brain, but also presents nonmotor symptoms rarely seen in other animal models.

JULY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Exercise 9:00-9:45 SAC Club 1:00p	<i>2</i> Golfing	<i>3</i> Exercise 9:00-9:45	<i>4</i> 	<i>5</i> Exercise 9:00-9:45 July Potnic FID 12:00	<i>6</i>
<i>7</i>	<i>8</i> Exercise 9:00-9:45 SAC Club 1:00p	<i>9</i> Golfing	<i>10</i> Exercise 9:00-9:45	<i>11</i> Meet & Greet 10:00	<i>12</i> Exercise 9:00-9:45 GAP ---9:55 After Exercise See P4	<i>13</i>
<i>14</i>	<i>15</i> Exercise 9:00-9:45 SAC Club 1:00p Card Making	<i>16</i> Golfing	<i>17</i> Exercise 9:00-9:45 Women with PD Men with PD PD Partners 1:00	<i>18</i>	<i>19</i> Exercise 9:00-9:45 Board meeting 10:00	<i>20</i>
<i>21</i>	<i>22</i> Exercise 9:00-9:45 SAC Club 1:00p	<i>23</i> Golfing	<i>24</i> Exercise 9:00-9:45	<i>25</i> Friends Night Out Longhorn 5:00	<i>26</i> Exercise 9:00-9:45	<i>27</i>
<i>28</i>	<i>29</i> Exercise 9:00-9:45 SAC Club 1:00p	<i>30</i> Golfing	<i>31</i> Exercise 9:00-9:45			

BOARD MEMBERS

President

Charlene Ostlund

Directors

President-Elect

Suzanne Colley

Sue Cupell

Dave Swigert

Vice President

Vacancy

Dan Fahy

Lucinda White

Secretary

Bonna Cunningham

Ann Ketterer

Treasurer

Marcia Heath

Ken Peters

Upcoming Events:



Potnic

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



Golfing

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



Meet & Greet

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



GAP (Gratitude, Affirmation, & Prayer)

- 2nd Friday of the month
- Presbyterian Church, 9:55a (after Exercise)
- Contact: Charlene Ostlund



Friends Night Out

- Thursday, July 25, 5:00p
- Longhorn Restaurant
- Contact: Sue Colley



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



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



Mandala Coloring/Brain Aerobics

- 2nd Wednesday of the month
- Friends in Deed (301 W Camino Casa Verde)
- Mandalas-11:00a
- Brain aerobics-1:00p
- Instructor: Patricia Izzi
- Contact: Charlene Ostlund
- **CANCELLED FOR JULY**



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.