

Parkinson's Twig



Supporting people
with Parkinson's
since 1991

AUGUST 2019

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

Board of Directors

With regret, the board has accepted Director Bill Hanne's resignation. Bill became president of the Board in June of 2014. He and Anne had only become members of our support group a few months earlier, so it took more than a little courage to accept the challenge when asked. No one expected at the time that we would resolve our affiliation with the American Parkinson's Disease Association (APDA) and form an independent corporation during his two-year term. We hope to continue to see Bill and Ann at our various events.

August Potnic

Pizza anyone? The support group will be supplying the pizza at the August 2nd event at Friends in Deed. Please arrive by noon and bring a side dish such as a salad or dessert to share. Ice water will be provided, but feel free to bring your own flavored drink if you don't care to drink water with pizza. This will be our last potnic of the summer--lectures resume on first Fridays starting in September.

The Month Past

Among the July highlights, was the potnic for which Dan Fahy prepared vegetable soup and ham sliders. Many took home extra servings. Thanks, Dan, for the tasty entree! Wayne Gilbert, Parkinson's poet from Colorado, visited SAC Club and enthralled those present with an expressive presentation. If you missed the event, you are in luck! Wayne plans to return to the area sometime this winter, and we will invite him to make another presentation if our schedules mesh.

The Upcoming Month

We plan to record some of our exercise classes in the future to post on You Tube. If you are willing to volunteer to record some sessions, contact Charlene

Ostlund or speak to one of the Board members at exercise class.

SAC Club will continue to meet in August. Join us for a game!

Our popular Friends Night Out will be at Manuel's on August 22nd at 5:00. Be sure to sign up.

Save the Dates

We are considering providing transportation to the two following events. Cost and interest will be factors in the decision. Both are great events.

Oct. 11: Renew! Retreat at DoubleTree by Hilton in Tucson (9:30 – 6:00)

PMD Alliance plans separate programs for people with Parkinson's and care partners/adult family members. In past years, many of our support group members have attended and appreciated the event that always includes various speakers and activities. Instead of the usual 2-day schedule, this year all the programs are on one day. However, you can still reserve a room to make it a *staycation*. Learn more at pmdalliance.org.

Dec. 14: Victory Summit at the Tucson Convention Center (9:30 – 3:30)

The Davis Phinney Foundation holds Victory Summits across the country. This is an up-beat, free event for people with Parkinson's and their partners that you are sure to enjoy. It has been many years since it has come to Tucson and it will probably be many years before it comes again so don't miss this opportunity. Learn more at davisphinneyfoundation.org.

Stay active!
Charlene

AUGUST 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Exercise 9:00-9:45 1:00 PIZZA !!!	3
4	5 Exercise 9:00-9:45 SAC Club 1:00 FID	6 Golfing	7 Exercise 9:00-9:45 Women with PD 1:00	8 Meet & Greet 10:00	9 Exercise 9:00-9:45	10
11	12 Exercise 9:00-9:45 SAC Club 1:00 FID	13 Golfing	14 Exercise 9:00-9:45 Brain Aerobics 11:00a	15	16 Exercise 9:00-9:45	17
18	19 Exercise 9:00-9:45 Card Making 1:00 SAC Club 1:00 FID	20 Golfing	21 Exercise 9:00-9:45 Women with PD Men with PD PD Partners 1:00	22 Friends Night Out 5:00 Manuel's	23 Exercise 9:00-9:45 Board meeting 10:00	24
25	26 Exercise 9:00-9:45 SAC Club 1:00 FID	27 Golfing	28 Exercise 9:00-9:45	29	30 Exercise 9:00-9:45	31

BOARD MEMBERS

President

Tom Shoenhard

Directors

President-Elect

Charlene Ostlund

Joe Barton

Ken Peters

Vice President

Suzanne Colley

Sue Cupell

Tom Shoenhard

Secretary

Bonna Cunningham

Dan Fahy

Dave Swigert

Treasurer

Marcia Heath

Ann Ketterer

Lucinda White

Upcoming Events:



Potnic

- Friends In Deed (301 W Camino Casa Verde)
- Friday, August 2
- Luncheon at 12:00p
- Pizza Party



Meet & Greet

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



Friends Night Out

- Thursday, August 22, 5:00p
- Manuel's Mexican 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



Brain Aerobics

- 2nd Wednesday of the month
- Friends in Deed (301 W Camino Casa Verde)
- Brain aerobics-11:00a
- 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

Pray for our friends who have passed.

Helen Wahl

Jan Kennedy



Additional Supporters of our Group

Arroyo Gardens

Green Valley Recreation

Country Club of Green Valley

Prestige Assisted Living

Friends in Deed

Valley Presbyterian Church

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Thank you to these volunteers who made this publication possible.