

- SAC Club News –
- Upcoming Events
- Did You Miss It? -

From The Board

One of the wonderful things about our support group is the sharing of information and resources. Our first Friday lectures, first (for women with PD) and third Wednesday support meetings, library and SAC Club are great sources of information. You can find the list of our library materials in this issue. Check out books at our lectures.

We also share information about online and live events provided by other organizations. The fall prevention event sponsored by Valley Assistance Services is an example. Coming on October 11th is the Renew! Retreat at Doubletree Inn in Tucson offered by PMD Alliance. The worthwhile event is free and lunch is provided. If you haven't yet registered, go to pmdalliance.org. This year, our support group offered transportation (until seats were filled).

Registration is now open for the Davis Phinney Foundation's Victory Summit (December 14th). This is an uplifting event for people with Parkinson's and partners. It will be held at the Convention Center in Tucson. Learn more and register at: davisphinneyfoundation.org.

Legos

Thank you to Jerilyn Lupu for our first donation of Legos to use at SAC Club. We'll be using the building bricks to work fine motor skills and our creative minds.

White Elephant Country Fair

The reason our support group can offer so many programs is the grant the White Elephant awards our group annually. Please support the White Elephant during their upcoming country fair and year-round. We will have a float in the parade on October 26th. Talk to Sue Colley or Ken Peters if you would like to join the fun.

Stay active! Charlene

October Lecture

Continuing our lecture series *Wellness Journey with Parkinson's*, the October 4th lecture titled "When the Going Gets Tough." As you are aware, PD is a progressive disease. Each new symptom is an obstacle on the wellness journey. Maybe today or maybe later, you may feel the need to talk to someone who is a good listener. That's when contacting Stephen Ministry can be helpful. It is a free service and can help you adjust to those obstacles on your journey. Presenter Mary Bartush will offer more information about Stephen Ministry.

At some point, you may realize that it's time to move to an assisted living facility. Wouldn't it be nice if someone could tell you which facility fits your needs best? That's exactly what placement services do at no cost to the client. A representative from Monarch Placement & Consulting Service will be our second presenter at the October lecture.

You should attend if you or your partner...

- feels stressed
- experiences grief
- can no longer give/receive necessary care at home.

It's not always pleasant thinking about the future when you know the journey has obstacles.

comforting to know that there are people and services waiting to help when the time comes. Learn about them now instead of waiting until you too overwhelmed to think straight.



All our lectures are at 1:00 at GVR's East Center, 7 S. Abrego. Please sit at the front of the room so that latecomers can easily find a seat at the rear. Refreshments will be served.

September Lecture

68 people attended the lecture. The high number indicates that medical marijuana is a hot topic these days. The presenter, Bill Meeks, a cannabis coach, cautioned that there are several decisions to make when using medical marijuana: strain selection, dosage level and modality. Sativa is the species that contains more THC than CBD and creates a high. Indica contains more CBD than THC and is relaxing and generally thought of as therapeutic. There are also many hybrids. Finding the right strain, dosage and modality for you can be challenging.

Keep in mind that in Arizona, Parkinson's is not an approved condition for applying for a medical marijuana card. However, severe muscle cramping and chronic pain are qualifying conditions. A medical marijuana card is not required to purchase CBD. Cannabis is not regulated by the FDA and so only purchase from a trusted source.

The September AARP Bulletin has an article about medical marijuana that you might find useful. Thank you, member Pam Wigginton for the tip. Also, check the national Parkinson's organizations websites for information about medical marijuana use for people with PD.

**Therapy Break™**

PMD Alliance has added another monthly online event. Therapy Break™ is an interactive video discussion with an expert on living well with Parkinson's disease. In September, the presenter was Dr. Jennifer Anderson, PT, DPT, NCS, CSRS, addressing physical therapy for PD. If you watch the Alliance's online events live, you can ask questions verbally through your computer's microphone or written by using the chat feature. Learn more about upcoming online events at pmdalliance.org.

You never know what might be going on in SAC Club on Mondays. During a recipe sharing, Fred shared his recipes for classic French rum baba (looks delicious), squirrel gumbo, Yucatan pork baked in banana leaves, and more. Ken explained how to cook corn on the cob in a microwave, and we sampled Char's dessert nachos. We also learned that paper can be made from elephant poop. Who would want to share recipes after that bit of information? Also, in September, we played Scruffles and reminisced about the year 1959.

This & That**Monthly Support Meetings**

- The men with PD and PD Partners met together in September. One of the tips shared was about a product called Liquid IV for hydration. It is available on Amazon.com and at Costco.

Exercise

- In a perfect world, you would be able to attend every session of exercise class. What happens when your world isn't perfect or you leave Green Valley in the summer? Do you skip exercise class? Our hope is to put videos of our class on YouTube so that you can do the class when your schedule allows. To make this possible, we need someone to record the classes. If we have more than one volunteer, they can take turns. Email supportgroup@gvspd.org to volunteer.

Power Chair

- Years ago, someone donated a power chair 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. Email supportgroup@gvspd.org or contact Marcia Heath to make arrangements .



Mondays 1:00 – 3:00; Come & go as you please

Judi has returned with more Rut-Breaker Adventures. New this fall—a drawing class taught by a former art teacher. Class size is limited so sign up with Charlene. Jigsaw puzzles will return, as well as puzzle books. Join us at 1:00 on Mondays at Friends in Deed.

Bike Deal

Linda Stein, alumni member, has donated a three-wheeled recumbent bike. It’s a few years old, but she hasn’t ridden it. We thank Linda for her generous donation.

The bike is a Mobo Triton Pro. It can accommodate riders up to 250 pounds. It has rear steering handlebars. It is geared for single speed and is recommended for flat and smooth surfaces. It has a comfortable cushioned seat.

Linda is hoping that we can raise some money with the bike, but it is even more important that it goes to someone who will use it. The Board is still considering how to make it available to one of our members.



Parkinson’s Post

Editor: Dan Fahy
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 Bill Hanne
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Thank you to these volunteers who made this publication possi-

“Making the Connection between Brain and Behavior: Coping with Parkinson’s Disease” Friedman, Joseph H., MD., 2nd Edition, demosHealth, New York, 2013.

Parkinson’s Disease (PD) is often thought of simply as the prototypical movement disorder. But as this text illustrates, PD is an often debilitating cognitive behavioral disorder that has sensory and physical manifestations. Among these manifestations are: personality; fatigue; apathy; depression; anxiety; dementia; hallucinations; delusions; confusion and delirium; compulsive behavior; and sleep aspects. Friedman goes into detail on each of these manifestations. I was initially drawn to this book as I thought I might have a tendency to two or more of these. But after discussing my actual conditions with my VA neurologists we found they were actually the result of over-meds.


As I read each chapter (each chapter addresses one of the above aspects in detail) I began to realize I was not fatigued, I was not apathetic, nor was I depressed. And as Friedman said would happen, when I reduced the meds I had been on—especially one in particular—I found myself involved with activities and behavior I thought were related to my PD. Reducing my intake to essentially carbidopa-levodopa on a scheduled basis and involving myself with intensive exercise on a daily basis addressed the issue in a direct and simple manner, following the pattern set forth by Friedman.

He also addresses issues related to surgery, driving, caregivers, and electroconvulsive therapy. There are also six appendices worthy of a review.

Bottom Line: this book, available through Amazon and Barnes and Nobel, is worthy of an afternoon’s time.

Bill Hanne

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Exercise Women with PD 1:00	3	4 Exercise 9:00-9:45 Lecture 1:00	5
6	7 Exercise 9:00-9:45 SAC Club 1:00	8	9 Exercise 9:00-9:45 Mandela 11:00 Brain Aerobics 1:00 FID	10 Meet & Greet 10:00	11 Exercise 9:00-9:45 Renew Retreat Doubletree Inn	12
13	14 Exercise 9:00-9:45 SAC Club 1:00	15	16 Exercise 9:00-9:45 Women with PD Men with PD PD Partners 1:00	17 GAP 10:00	18 Exercise 9:00-9:45 Board Meeting 10:00	19
20	21 Exercise 9:00-9:45 SAC Club Cardmaking 1:00	22	23 Exercise 9:00-9:45	24 Friends Night Out 5:00 Arizona Family Restaurant	25 Exercise 9:00-9:45	26
27	28 Exercise 9:00-9:45 SAC Club 1:00	29	30 Exercise 9:00-9:45	31 		

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Upcoming Events:

Lecture Series



- Next lecture: **March 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 Arizona Family Restaurant
- 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

Card Making



- 3rd Monday of the month
- Friends in Deed (301 W. Cmo Casa Verde)
- 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)
- More Information to Follow

Gratitude, Affirmation and Prayer (GAP) Meeting



- Third Thursday of the month
- La Posada Conference Room
- 10:00a - 11:00a
- Contact: Charlene Ostlund

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

Oct. 26: White Elephant Country Fair

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



Additional Supporters of our Group

Arroyo Gardens

Home Watch Care Givers

Country Club of Green Valley

Access Wisdom Care Givers

Green Valley Recreation

Southern Arizona Eldercare

Valley Presbyterian Church

More News and Reviews

From the Fourth Estate:

Bill Hanne

The "August-September" edition of "Brain and Life" ran an article on the risks associated with general anesthesia if you have Parkinson's... there were eight major points the author raised:

1. Disclose any health problems, especially if they are related to heart or breathing.
2. Consult a specialist...in our case include a geriatrician on the "team."
3. Review all medications...including any OTC.
4. Get an assessment of your health.
5. Ensure you understand specific risks.
6. Plan to manage postoperative pain...before the surgery.
7. Ask about specific monitoring needs and arrange for same if needed.
8. Remember and plan for assistive aids.

This past weekend the "Wall Street Journal" ran a short article on the growing use of Karate as a form of intensive exercise for individuals with Parkinson's. The key elements here are the same related to the use of Tai Chi...concentration and balance. The bottom line is to focus on exercise...sometimes it is the only thing we can control.

The same weekend the WSJ ran an interesting article on the advances being made in the use of trained service dogs in the identification of individuals with various cancers, epilepsy, and diabetes among many medical ailments. Caution is urged, though, as to who does the training, quality of training, and associated issues. While Parkinson's is not one of the conditions currently receiving attention by the medical-alert trainers, there may well be a service dog in some of our futures.

Editor's Note: I would especially like to thank Bill Hanne for being our Reader-in Chief. I know I can always count on having some review and great tidbits. DVF

PD in the News

A study published in May found that people with bipolar disorder are more likely to develop Parkinson's disease later in life than people without the disorder. In the study, the people with bipolar disorder developed PD at a younger age than members of the control group.

If researchers can identify the underlying cause of the relationship between bipolar disorder and PD, it might help develop treatments for both conditions.

American Academy of Neurology. "Bipolar disorder may be linked to Parkinson's disease." ScienceDaily. ScienceDaily, 22 May 2019. www.sciencedaily.com/releases/2019/05/190522162718.htm.



Our Support Group needs some help:

- Someone to video exercise class to post on YouTube
- Lego pieces that are no longer being used
- Someone to assist Ann Ketterer at the refreshment table at lectures
- Someone to assist Sue Cupell at the registration table at lectures

Volunteer by speaking to Ann, Sue or Charlene.

In Memoriam

David and Dale Miller • Michel Dravigny

Members of the exercise class have fond memories of David and Michel.

Renew! Retreat

Who doesn't need a retreat now and then? This annual event in Tucson is offered by PMD Alliance. It has been popular among our members in past years, and I imagine it will be again this year. There are a few changes: the location (DoubleTree by Hilton, 445 S. Alvernon Way), one day (October 11) instead of two, no registration fee, and our support group will provide transportation if there is enough interest.

It's described as "Two concurrent programs—one life-giving retreat." Two programs because care partners, family members and adult children meet in one space while loved ones

with Parkinson's meet in another room. There will be many volunteers assisting the people with Parkinson's so that the care partners can spend time with other care partners sharing their feelings and concerns without worrying about their loved ones.

This year's agenda can be found online at pmdalliance.org. That is also where you can register. The event runs from 9:30 am to 6:00 pm. In the past, lunch has been provided.

A sign-up sheet for transportation will be available at most of our events this month. Sign up soon! The bus or van will leave and return from the Green Valley Village near Sears.



I can hear the groans already!

Partners' Perspectives

We have all heard it before—respite is important for caregivers to maintain their health. As your loved one's symptoms progress, care giving becomes more and more demanding, and respite becomes more and more important.

Consider taking advantage of our respite fund, which reimburses members up to \$600 a year when hiring professional caregivers. Contact Treasurer Marcia Heath for the form and more information or email supportgroup@gvspd.org.

Please do not use our exercise class for respite time if your loved one is high risk for falls.

Neither Instructor Mia Lee Cooper nor other members of the class are responsible for preventing your loved one from falling. In case you have never attended the class, be aware that some of the exercises are done while standing and moving. Those who are at risk of falling should stay seated during these exercises. But do they if you are not there? Remember--if your loved one falls, other members of the class may be injured, too.



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, **October 4, 2019** Lecture at East Social Center

Friday, **October 11, 2019**, Renew Retreat, Doubletree—Tucson