

- SAC Club News –
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From The Board

[There's a Japanese folktale called The House of 1000 Mirrors. It goes like this:](#)

Long ago in a small, far away village, there was a place known as the House of 1000 Mirrors. A small, happy little dog learned of this place and decided to visit. When he arrived, he bounced happily up the stairs to the doorway of the house. He looked through the doorway with his ears lifted high and his tail wagging as fast as it could. To his great surprise, he found himself staring at 1000 other happy little dogs with their tails wagging just as fast as his. He smiled a great smile and was answered with 10000 great smiles just as warm and friendly. As he left the house, he thought to himself, "This is a wonderful place. I will come back and visit it often."

In the same village, another little dog, who was not quite as happy as the first one, decided to visit the house. He slowly climbed the stairs and hung his head low as he looked into the door. When he saw the 1000 unfriendly looking dogs staring back at him, he growled at them and was horrified to see 1000 little dogs growling back at him. As he left, he thought to himself, "That is a horrible place, and I will never go back there again."

I was reminded of this story recently at SAC Club when Fred P. commented that people we meet will mirror our expressions. If we smile, they will smile at us. If we frown, they will frown. Isn't that the truth?

November is National Family Caregivers Month. This year's theme is "Caregiving Around the Clock." The theme reminds us that caregiving truly is a 24/7 duty. While you are giving thanks this month, remember to thank your care partner. Personally, when John says thanks, it means the world to me.

Stay active!

Charlene

November Lecture

Our lecture series *Wellness Journey with Parkinson's*, continues on November 1st with "When the Going Gets Tough, Part 2." Denise Turner, Director of Posada Life Adult Day Services will explain how their programs can benefit people with Parkinson's, as well as, care partners. Deb Waring, the Caregiver Coordinator for PCOA, will speak about handling the ongoing grief a progressive disease causes. Clarissa Alvarez, General Manager of Home Care Assistance and leader of our men's support group, will explain how support group meetings can help people dealing with the challenges of Parkinson's.

You should attend if you or your partner...

- ◆ feels stressed
- ◆ experiences grief
- ◆ finds the challenges of Parkinson's difficult

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.

Power Chair Available

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@gvparkinsons.org or contact Marcia Heath to make arrangements.



September Lecture

Sometimes the “Wellness Journey with Parkinson’s” becomes tough. In those times, we may seek help. One place to turn when struggling through a difficult time in life is Stephen Ministry. (See the list of churches that offer this service.) According to Mary Bartush, the presenter, Stephen Ministers receive 30 hours of training over 10 weeks. They are well prepared to be caring listeners. Confidentiality is a high priority.

Diedre Chandler from Monarch Placement & Consulting Services mentioned that there are 400 senior living facilities in the area—too many for anyone considering such a move to visit or research. Placement services do the work for you. They know the right questions to ask to put each person in the best place for that individual. Best part? They don’t charge the client.

Renew! Retreat

Again this year, Green Valley was well represented at PMD Alliance’s retreat. The new location accommodated the separation of people with PD and care partners with moveable walls that split the conference room. The programming was a mix of speakers, movement and small group discussions. Thanks to the van that our support group provided, some people were able to attend that may not have otherwise.

SAC Club

Roger N. made nutritious shakes for us. There are two ingredients he always uses—celery and apples. Other ingredients, such as bananas, blueberries, or figs, can be added to those two. Who knew that celery could make a tasty shake?

Charlene O. presented a slide show on ways to find joy and those present shared their ideas. Sue C. brought a new jigsaw puzzle to challenge us.

Churches with Stephen Ministry

The churches below offer Stephen Minister services. There are likely other churches in the area, as well, so ask at your church.

Desert Hills Lutheran Church

Women’s referrals: Nancy Borstad;
rborstad@yahoo.com

Men’s referrals: Dick Hill; dickehill44@gmail.com

Our Lady of the Valley Catholic Church

Referral Contact Number: 520.625.4536, press #8.
Leave voicemail message with name and number and your call will be returned within 24 hours.

Risen Savior Lutheran Church

Women’s referrals: Marsha Schoeneberg;
msmarsch@aol.com

Men’s referrals: Dick Schoeneberg;
rschoenebe@aol.com

St. Francis in the Valley Episcopal Church

Women’s referrals: Mary Beth Bates;
emmymex@yahoo.com; 206.259.0361

Men’s referrals: Mark Eckstein;
az9261954@gmail.com; 443.807.2277

Valley Presbyterian Church

Referral Coordinator: Peggi Briggs; 520.965.9203

How to Find Joy

Make a list of the people, things and activities that bring joy into your lives. Don’t forget pets!





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

Join us on November 4th when Charlene and Bill will share a tool designed and provided by PMD Alliance that will help you communicate with your neurologist. Then stay and help us stuff envelopes for an upcoming mailing. Sandwiches will be provided!

Book Recommendation

Member Marty Mernitz recently recommended the book *Being Mortal: Medicine and What Matters in the End*. One might expect a book about end-of-life care to be depressing, but the author, Atul Gawande, includes experiences of a hospice nurse, a geriatrician in a clinic, and individuals reforming nursing homes to make his point that end-of-life care should focus on quality of life rather than extending life.



Parkinson's Post

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Thank you to these volunteers who made this publication possible.

What Has PMDAlliance Done for Me Lately?

PMDAlliance developed and published a simple, inclusive, and useable means by which I can track PD changes over time in an accurate manner so that my neurologist can see at a glance where there are problem areas. This “means” is a do-it-all folder using “PMD’s emPowered!”™ symptoms list.

The PD symptoms are arrayed in categories related to activities of daily living, behavior, motor, and non-motor. These symptoms are themselves inclusive, with frequency of occurrence, and recorded by date. When used in accordance with the document’s instructions I can take the file directly to the neurologist and allow it to serve as an accurate update of what I have experienced and when and how often...no more uncomfortable silences as I try to summarize several months of occurrences in a meaningful and logical pattern.

I have used this folder with a great degree of success with my neurologist. And since I use the VA, I rarely see the same neurologist twice in a row, let alone a year or more for pattern development. The neurologists with whom I have used this document have expressed gratitude in my having a complete and accurate record of “events” to use as a series of discussion points.

So, what has PMD done for me lately? They have developed, printed and distributed their emPowered™ folder for my/our use.

Our support group has a number of these folders available through the support group’s library holdings so get your own folder as soon as you can and start taking full advantage of PMDAlliance’s efforts on our behalf.

Bill Hanne

November, 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 Art Classes, Legos Card Making	5 Golfing 8:30	6 Exercise 9:00-9:45 Women with PD 1:00	7 Meet & Greet 10:00	8 Exercise 9:00-9:45	9
10	11 Exercise 9:00-9:45 SAC Club 1:00	12 Golfing 8:30	13 Exercise 9:00-9:45 Adult Coloring 11:00 Brain Aerobics 1:00 FID	14 GAP 10:00	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 Women with PD Men with PD PD Partners 1:00	21 Friends Night Out 5:00 Los Agaves	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	29 	30

BOARD MEMBERS

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Upcoming Events:

Lecture Series



- Next lecture: **November 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



- Third Thursday this Month
 - 5:00p Agave Restaurant Buffet/\$21
- 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

November 1, Lecture, East Social Center

December Holiday Feast, December 6,
2019, 12:00, Las Companas Center, 565
West Belltower Drive

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



Additional Supporters of our Group

Country Club of Green Valley	Home Watch Care Givers
Green Valley Recreation	Southern Arizona Eldercare
Valley Presbyterian Church	Posada Life

More News and Reviews

Parkinson's Support Group of Green Valley Library

Adaptive devices for Parkinson's disease	Booklet
Always looking up	CD
Aquatic exercise	Book
Be active!	Book
Body conditioning & core strength	DVD
Challenges of advanced Parkinson's and tips	DVD
Consumer guide to herbal medicines	Book
Coping needs of the Parkinson care partner	Booklet
Coping with Parkinson's disease	Booklet
Dancing with elephants	Book
Deep brain stimulation for Parkinson's disease	Book
Delay the disease	Book
Diagnosis Parkinson's disease: you are not alone	DVD
Getting from insight to action	Book
Health care benefits overview, vol. 1	Book
Lewy body dementia	Book
Living with Parkinson's disease	Booklet
Moving forward	Book
My Mommy has PD...but it's okay	Book
Pain erasure: the Bonnie Pruden way	Book
Parkinson Support Group exercise tape	VHS
Parkinson's disease	Book
Parkinson's disease & the art of moving	Book
Parkinson's disease & the art of moving	DVD
Parkinson's disease & the benefits of personal...	Booklet
Parkinson's disease handbook	Book
Parkinson's exercise essentials	DVD
PD Support Group of GV Exercise	DVD
PD ExpertBriefings	DVD
Peripatetic pursuit of Parkinson disease	Book
Pharmacy and the Parkinson's patient	Booklet
Program for a healthy brain	Book
Protecting your brain	DVD
Sit and be fit	DVD
Soft-wired	Book
StEP into...movement & flexibility	DVD
Tai chi for energy and renewal	DVD
Taking control	Booklet
Voice aerobics	DVD
Young Parkinson's handbook	Book

"Ze little gray cells..."

What's your biggest fear, especially as you also are dealing with Parkinson's from either side of the fence—client or caregiver? Most of us fear the loss of Hercule Poirot's "little gray cells" as we advance in age and symptoms and there is nothing out there to guarantee the preservation of these "gray cells."

But there are steps that we can take that do appear to provide slower cognitive decline...there are studies that indicate there are beneficial effects seen at even modest levels of exercise...for example, a number of recent studies have the most positive results in terms of slower cognitive decline resulting from 8,900 steps per day. You ask "Why?" and the response is that physical activity improves blood flow to the brain and reduces inflammation. But there's more we can do to assist in the slowing of cognitive decline.

For example, staying socially active in older age may lower the risk of dementia. "...Recent research supports previous findings suggesting that regular use of word and number puzzles may help keep the brain working better for longer."

The November Focus on Healthy Aging article concludes with the results of a National Poll on Healthy Aging. "...Where people who reported getting adequate sleep and exercise, eating a healthful diet, and socializing several times a week said their memory was as sharp as ever. Conversely, those who reported that they did not often engage in healthy lifestyle practices were much more likely to state that their memory had declined."

And what is our mission?...To encourage mental Stimulation, physical Activity and social Connections...SAC!

The Icahn School of Medicine at Mount Sinai publishes a monthly newsletter titled "Focus on Healthy Aging." This Post article is based on the November 2019 publication and its lead article "Protect Your Memory as You Age."

More This and That

Need (Want) Ads

- Needed: Someone to be the golf contact person
- Needed: Someone to video exercise class to post on You Tube
- Needed: Lego pieces that are no longer being used
- Needed: Someone to assist Ann Ketterer at the refreshment table at lectures
- Needed: Someone to assist Sue Cupell at the registration table at lectures

Volunteer by speaking to Ann, Sue or Charlene.

Exercise Class

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@gvparkinsons.org to volunteer.

Why do I play **BINGO**?

My phone alarm rings,
I stop what I am doing,
Get up, walk to the room
Interact with people while
Selecting 4 cards that will
Challenge my brain, I
Listen to the caller as I
Cover my numbers while
Encouraging others
That is why I play BINGO
Even though I do
Occasionally call **B-I-N-G-O**
And win a few quarters
So I can play another day.

Mary Lee Haas



End of Year Donations

For your convenience, we have enclosed an envelope that you can use to mail your donation to our annual fund drive. Your contribution to the Parkinson's Support Group will ensure that most activities will be offered free of charge to members. Here are some ways to donate that you may not have thought of and some are NEW.

The Parkinson's Support Group of Green Valley is an **exempt organization** as described under the Internal Revenue Code Section 501(c)(3).

We are now an Arizona Qualifying Charitable Organization. All Arizona residents may participate and receive a **tax credit** on their Arizona State Tax. It reduces your tax liability by the amount you donate up to \$800 for a married couple and \$400 for single or head of household.

Donate Your "Required Minimum Distribution" from your IRA: The Consolidated Appropriations Act of 2016 made permanent the option of qualified charitable distributions (QCDs) from individual retirement accounts. This means that persons 70 ½ and older who take annual distributions from their IRA, can make a gift directly from their IRA to the Parkinson's Support Group of Green Valley, and save the income taxes.

Donate Appreciated Stock: When you donate stock that has increased in value, you get a double-tax benefit. First, you get to take the contribution deduction for the Fair Market Value of the stock on the date you donate it. Second, you don't have to recognize any gain on the disposal of that stock.

Legacy Gifts: These can include estate gifts made through a will or trust and beneficiary designations of life insurance or retirement accounts.

Please contact your tax advisor as you consider making your gift.



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

Friday, **December 6, 2019**, 12:00, Las Companas Center, Holiday Luncheon