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From The Board



Want to feel needed? Have time on your hands? Bored? More energy than you know what to do with? Just joking. Having PD or being the care partner is a fulltime job. But seriously, your support group could use your help and invite you to be on our team. Below are a few of the jobs where we could use extra hands. Keep in mind that these jobs are currently being handled by two or three people who have other assignments in addition to these.

Friends Night Out: Select the restaurant, date and time, create sign-up sheets, confirm attendance with restaurant and greet members as they arrive. Friends Night Out dines ten times a year.

Meet & Greet Breakfast: Create sign-up sheets, make reservation, confirm attendance with restaurant and greet members. The breakfast is held on the second Thursday of each month at Old Chicago Deli.

Library: Tote the pamphlets, books and other materials that are stored in a unit on Abrego to and from our lectures, arrange the materials on tables, check out materials upon request, and reorder brochures when necessary. We have 6-7 lectures a year.

Potnics: Arrange tableware, decorate, and clean up for our three summer potnics (potluck/picnics).

SAC Club: Assist with games, puzzles, cooking, and arts & crafts. Club meets on Mondays at Friends in Deed. Name the days when you can help and the activity you want to lead.

Exercise Class: Create a sign-in sheet monthly.

Flyers: Enjoy playing on the computer? Create our flyers as needed.

Slide Show: Up-date the Power Point slide show about our support group that is shown before each lecture. We have 6-7 lectures a year.

Newsletter: Do research. Interview our members. Write articles. You would not be the only writer so how often your turn in articles is up to you.

Interested? Email supportgroup@gvspd.org. We are happy to discuss how you can help the support group.

Sue Colley & Charlene Ostlund

November Lecture

Nearly 50 people attended the November lecture on The Conversation about When Should I Give Up Driving. As Dr. Neal Hermanowicz, a neurologist and movement disorder specialist, mentioned in his video, this is not an easy conversation to have, but it is a topic that he always brings up during appointments with Parkinson's patients. He has found that many of his patients feel they are safe drivers while their partners disagree.

According to Dr. Hermanowicz, a Japanese study concluded that with people with Parkinson's, cognitive functioning increases the risk of accidents more than physical symptoms of the disease. Some of the critical cognitive skills needed for driving are multi-tasking, visual-spatial perception, and attention.

Another factor to consider is that most, if not all, Parkinson's meds may cause drowsiness.

Dr. Hermanowicz often asks his patients, "Are grandchildren allowed to ride in the car when you're driving?"

If you wish to watch the Q & A portion of the video, you can find it on YouTube. Do a search at their website for PMDAlliance and then scroll until you find his video on driving.

Thank you to Sarah Jones and PMDAlliance for arranging this talk.

Our second speaker, Wes Whitman, addressed the problems age causes when driving. The booklets he distributed gave suggestions about how to start the conversation about whether it is time to give up driving.

Wes teaches the AARP classes on safe driving. La Posada Life will be offering the classes at the Casa Community Center on Jan. 26, Feb. 23, Mar. 23, and Apr. 27. The classes run from 8:30 to 12:30 and cost \$15 for AARP members and \$20 for nonmembers.

TAI CHI - an ancient Chinese discipline of meditative movements

Have you tried our aquatic tai chi class? The October/November issue of *Brain & Life* offers five reasons to try water exercise.pool. The class meets on Tuesdays and Thursdays at 2:00 pm.

1. Water is supportive. The water’s buoyancy takes away the fear of falling for those people with poor balance. Its resistance strengthens weak muscles.
2. Walking in water is easier.
3. Water exercise is good for people with Parkinson’s. A researcher quoted in the article said, “Exercising in water stimulates the sensory receptors and improves the neural connections to and from the brain.”
4. Water pressure helps with blood pooling. The force of the water helps return blood to the heart, [which improves low blood pressure \(a common problem for people with PD\).](#)
5. Exercising in water is fun. Just ask our leaders Janice Howlett and Sue Colley.

We’re grateful to Arroyo Gardens Independent and Assisted Living for allowing our classes to meet in their heated indoor pool. The class meets on Tuesdays and Thursdays at 2:00 pm.

Float

Though our float in the White Elephant parade didn’t win any awards, we did have a winning group of volunteers. Drivers: Chris Lynch and Mike Blumberg; Band: 43 Miles North—Nick and Sherry (wearing red shirts). We appreciated their service and spirit. As our song says...

When the joints ache,
 When a fall stings,
 When we’re feeling mad
 We simply remember our Green Valley friends
 And then we don’t feel so bad.



Boomer Thank You

Thank you to our volunteers who worked our table at the KGVY Boomer Fair on November 6th: Mia Cooper, Kurt Kasischke, Loren and Judy Jepsen, Bill Hanne and Charlene Ostlund. This annual event is one more way to inform the public of the existence of our support group.



In Memoriam:
George LeRoi
Doty Kinsey

Parkinson’s Post Contribu-

Editor: Dan Fahy	Writers:
Proofreaders: Sue Cupell	Bill Hanne
Layout: Dan Fahy	Charlene Ostlund
	Sue Colley

Thank you to these volunteers who made this publication



**STAY MENTALLY STIMULATED,
PHYSICALLY ACTIVE; AND,**

More.....

Partners' Perspective By Charlene Ostlund

Maslow's Need Hierarchy continued...

Another of our basic physiological needs is treatment of illnesses and injuries. As a care partner for someone with Parkinson's--a progressive full-body neurological disease with new symptoms appearing periodically, do you find time to take care of your own health? Consider the check list below:

Eating healthy

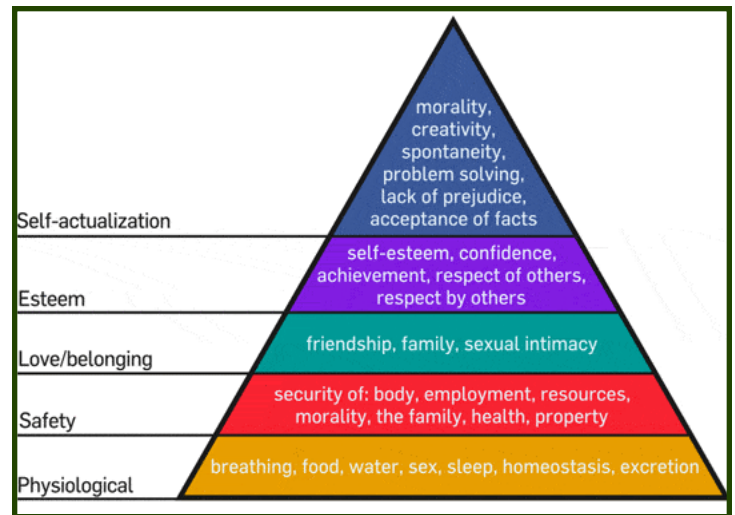
Exercising daily

Making annual wellness appointments with your primary care doctor

Keeping track of blood pressure, cholesterol levels, blood sugar level

Scheduling respite time—Yes, this is necessary for your physical health.

Health experts remind us of the instructions given by flight attendants at the beginning of each flight: in emergencies, put on your own oxygen mask before assisting others. They tell us caregivers that we should care for our own health first because if we aren't healthy, we can't help our loved ones with PD.

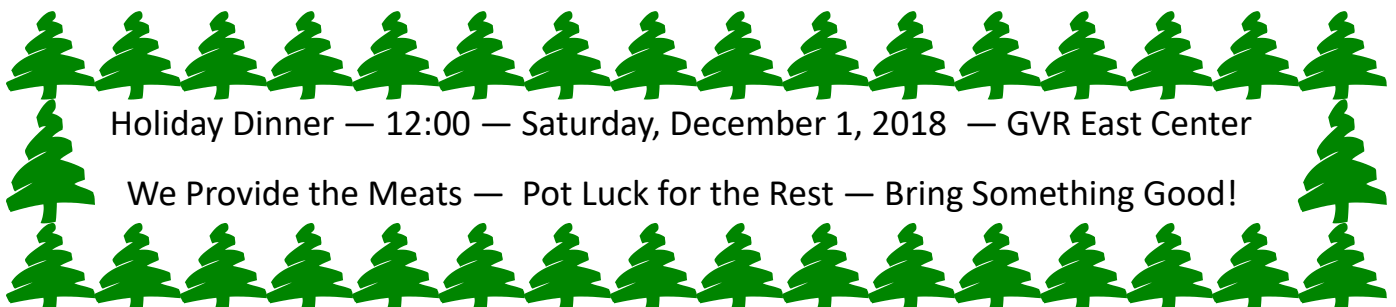


Ho...Ho...Ho!!!

Join us at the Holiday Luncheon on Saturday, December 1st. It is a great way to kick off the holiday season. This year we are at the East Center, 7 S Abrego. Arrive around 11:45. We eat at noon. Bring a dish to pass. The meat, beverages and table service are provided. RSVP to Sue Colley.

Let's Talk!

Our outreach callers are Judi Bricher, Patricia Izzi, and Bill Hanne. The calls made are meant to support you and to help our members feel socially connected. You may politely decline receiving these calls if you choose. Later, if you wish to start receiving them, that is possible, too. If you have not been receiving calls and wish to begin, email supportgroup@gvspd.org or call Charlene.



December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
2	3 Exercise 9:00-9:45 SAC Club 1:00	4 Golfing Aquatic Tai Chi 2:00	5 Exercise 9:00-9:45 Women with PD 1:00	6 Aquatic Tai Chi 2:00	7 Exercise 9:00-9:45 Lecture 1:00	8
9	10 Exercise 9:00-9:45 SAC Club 1:00	11 Golfing Aquatic Tai Chi 2:00	12 Exercise 9:00-9:45	13 Meet & Greet 10:00 Aquatic Tai Chi 2:00	14 Exercise 9:00-9:45	15
16	17 Exercise 9:00-9:45 SAC Club Card Making / Phase 10 1:00	18 Golfing Aquatic Tai Chi 2:00	19 Exercise 9:00-9:45 Women with PD Men with PD PD Partners 1:00	20 GAP 10:00 Aquatic Tai Chi 2:00	21 Exercise 9:00-9:45 Board Meeting 10:00	22
23	24 Exercise 9:00-9:45 SAC Club 1:00	25 	26 Exercise 9:00-9:45	27 Aquatic Tai Chi 2:00	28 Exercise 9:00-9:45	29
30	31 Exercise 9:00-9:45 SAC Club 1:00					

BOARD MEMBERS

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President-Elect

Charlene Ostlund

Joe Barton

Bill Hanne

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Suzanne Colley

Sheryl Brault

Ann Ketterer

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Bonna Cunningham

Sue Cupell

Ken Peters

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Marcia Heath

Dan Fahy

Upcoming Events:



Lecture Series

- Next lecture: **January 4, 2019**
- East Social Center (7 S. Abrego Dr.)
- 1:00p
- November Review on page 1



Meet & Greet

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



Friends Night Out

- **Merry Christmas**
- **No Night Out — Too Busy This Month**
- Contact: Sue Colley



Parkinson's Exercise Class

- Monday, Wednesday, Friday
- Valley Presbyterian Church (2800 S Camino 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



Aquatic Tai Chi

- Tuesdays and Thursdays
- Arroyo Gardens (160 N. La Canada Dr.)
- 2:00p
- Contact: Sue Colley



Card Making

- 3rd Monday of the month
- Friends in Deed (301 W. Camino 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)
- Reduced rate!
- Contact: Joe Barton



Gratitude, Affirmation and Prayer (GAP) Meeting

- Third Thursday of the month
- 761 S. Abrego Dr.
- 10:00a - 11:00a
- Contact: Charlene Ostlund



Take Note!

Friends in Deed • Mondays • 1:00p

- December 3: Seasonal jigsaw puzzle;
SAC Club planning meeting
- December 10: Seasonal jigsaw puzzle
- December 17: Cardmaking



Additional Supporters of our Group

Arroyo Gardens

Green Valley Recreation

Country Club of Green Valley Valley Presbyterian Church

PD in the News...



The recent news that having the appendix removed lowers the risk of developing Parkinson's disease by 20% has excited researchers. However, it is too early to urge your loved ones to have the surgery. For years, scientists have been considering the possibility that PD begins in the gut and travels to the brain. The idea that it may start in the appendix comes from a 52-year study at the Van Andel Research Institute in Michigan. In the past, we have considered the appendix to be unnecessary, but it is important to our immune system because it regulates the makeup of our gut bacteria. Another thought is that inflammation is the real problem. Removing the appendix may block inflammation, such as, inflammatory bowel disease and inflammation of the gut (both linked to Parkinson's). Ole Isacson, a professor of neurology at Harvard Medical School said, "Maybe half or more of the patients with Parkinson's disease have had some kind of inflammatory condition that has accelerated that pathology."

Q & A



Q: What is SAC Club?

A: SAC Club started as a dream—a dream for a space where members of our support group could gather, socialize and feel comfortable doing so. It seemed like a far-fetched idea since renting a room is expensive. That's when our "angels" put on their wings and pulled some strings. Suddenly, we had a room and kitchen at Friends in Deed booked each Monday.

Q: What is the purpose of the club?

A: The activities that are being planned will support our motto: Give Parkinson's the SAC. They will provide ways for members to stay mentally Stimulated, physically Active, and socially Conected.

Q: Who will benefit from the club?

A: All members that participate. The activities can be enjoyed by people with Parkinson's, their partners/family members, and alumni partners. Single members and partners too busy to cook will appreciate the make-and-take cooking sessions. Alumni partners may enjoy volunteering to lead activities. We need game-lovers and people who can share their talents in arts and crafts.

Although PD partners will enjoy the activities at the club, some partners may choose to stay home and enjoy two hours of home-alone time while their loved ones with PD go to the club. If the person with PD arranges to ride the Sun Tran Shuttle, two hours may extend to three hours.

The grand opening of SAC Club is Monday, January 28th from 1:00 – 3:00 pm.



Remembrances

Dear Members,
I truly regret not sending this message to you in time to tell you about yesterday's gathering in memory of George La Roi. He was one of our winter residents from Canada who continued to attend our exercise class after the death of his wife Nancy who had Parkinson's.

This morning's GV News had a notice of a celebration of Dody Kinsey's life. There was a memorial service at Saint Francis in the Valley Episcopal Church on Sunday, November 18 at 3pm followed by a reception in the parish hall. You may remember Dody and her son David coming to exercise class and meet and greet breakfasts.

Charlene

**Happy
Holidays**

Note this location change:

Exercise class next Wednesday (Nov. 14th) will be held at Our Lady of the Valley Church at 505 N. La Canada due to a scheduling conflict at Valley Presbyterian Church.



Note this schedule change:

The grand opening for SAC Club has been moved to January 28th from 1:00 – 3:00 at Friends in Deed. There will be activities and refreshments.

Charlene

**SAC Club
Grand Opening
Monday,
Jan 28, 2019**



Float Fun





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

Wednesday, **January 16, 2019** Group Meetings