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From The Board



Our holiday luncheon will kick off December. It's always a festive event so don't miss it—Friday, December 6. Details are found in this issue.

Lectures will return in January with a presentation about physical therapy including advanced technology. The current series "Wellness Journey with Parkinson's" has three more lectures on the first Fridays of January, February and March.

Thanks go to Friends in Deed for offering two U-step walkers to our members. Congratulations to Alan W. and Walt H. on the lucky draw.

Perhaps you remember reading about focused ultrasound in past issues of the *Parkinson's Post*. This new procedure is an alternative to deep brain stimulation. It does not require drilling through the skull and has no risk of infection. It has been approved by the FDA for tremor dominant Parkinson's. We are fortunate to have John R., a person who has had the procedure on one side of his brain, coming to SAC Club on Monday, December 9, to share his experience. Don't miss this opportunity to learn more about focused ultrasound.

If you are unable to attend this event, go to www.fusfoundation.org/news/john-grishams-the-tumor-has-reached-one-million-people to download John Grisham's book called *The Tumor* for an introduction to the treatment.

Our support group is now offering monthly Parkinson's Educational Meetings at the Community Center on the La Posada Campus. These sessions are free, open to the public and held on the second Friday of the month from 3:00-4:00. There are a vast number of Parkinson's videos online of presentations by doctors and other experts on PD topics. I will be showing one of those videos each month and allowing discussion time. This month the meeting will be on December 13th. The presenter on video will be Dr. Cynthia Reed, a movement disorder neurologist, and the topic will be urinary issues caused by Parkinson's. This video was recorded by PMD Alliance as part of their Lunch with Docs PD program.

For many years, our support group has offered reimbursement up to \$600 annually per household for respite

care. The intention is to give care partners a break by providing professional care for their loved ones in their absence. The Board has approved expanding the program and renaming it to Assistance Care by allowing people with PD living alone to also apply for reimbursement up to \$600 annually for their own in-home care or adult day services. Find the reimbursement form in this issue. Send questions to our email address found at the bottom of this page.

Many of our members would like to attend our events but no longer drive. The Board has created a list of our members according to where they live. You can now contact us using the email address below if you need a ride to a specific event or monthly event(s). We will send out an e-blast to the members who live near you seeking a ride from someone planning to attend the same event. We can't guarantee that anyone will respond to the request, but at least we're trying! Disclaimer: We're not responsible for the driving skills of the respondents. Use this program at your own risk.

Correction: The member who wrote and submitted the Bingo poem in last month's issue is Mary Lee H.

As mentioned in recent issues, the Davis Phinney Foundation's Victory Summit will be on December 14th from 9:30-3:30 in Tucson's Convention Center. Their website describes Victory Summits as "including presentations by internationally and nationally recognized researchers, clinicians and physical therapists," and delivering "up-to-date information and practical tools that people with Parkinson's can use to live well today." The events are up-lifting and probably won't return to Tucson for many years. Register at davisphinneyfoundation.org.

There are several other local upcoming events for you to note. Our annual ice cream social to kick off Parkinson's Awareness Month will be April 3rd. PMD Alliance will be bringing their Getting Real program for care partners to Green Valley on Friday, February 28th. Since it is a new program, I can't tell you too much about it at this time, but I've never been to one of the Alliance's programs that wasn't worthwhile. The second annual community Caregivers Day event will be on April 4th. Plan to attend—I do!

Stay active!

Charlene

Did You Miss It

November Lecture

Experiencing grief when living with a progressive disease is common for the person with the disease, as well as, the partner. We had three presenters with ideas for dealing with the challenges of PD.

Clarissa Alvarez, the general manager of Home Care Assistance, is the leader of our men with PD group. She explained the benefits of participating in support group meetings. She called such groups a communal brain, an accurate description. We have five support groups: women with PD, men with PD, PD partners, GAP (gratitude, affirmation, and prayer), and the Silver Springs group. See the Upcoming Events page for meeting days and times.

Clarissa can be reached at 520.625.2050 or calvarez@homecareassistance.com

Deb Waring, the Caregiver Coordinator for Pima Council on Aging (PCOA), offered a simple but valuable strategy for handling stress: breathe in while saying, "I'm doing the best I can," and exhale while saying, "I let go of the rest." The deep breathing alone is good advice, but the mantra reminds us that we can only do so much and shouldn't feel bad if we can't do more than that. The phone number for PCOA is (520) 790-7262 and the website is www.pcoa.org.

Denise Turner, Director of Posada Life Adult Day Services, introduced adult day services as a social club for seniors who have challenges with mobility, cognition, socialization, engagement, and aging. For a person with PD, it offers activities and social opportunities to replace those lost due to the disease. For a care partner, it offers respite time. Contact Denise at 393-6835 or dturner@casagv.org to learn about rates and financial assistance from the VA and other sources.



SAC Club

Bill H. and Charlene O. presented PMD Alliance's emPowerment tool. A slideshow provided by the Alliance introduced the tool, and Bill shared his positive experience using it. We will likely repeat this presentation after the new year.

Art classes led by volunteer Kathy S. started and are progressing well. Our artists are showing great potential.

Our first big Lego project is a holiday scene. If you're looking for a challenge, this is it!



LEGOS Donation

We are grateful to those who donated Legos and other building blocks to use at SAC Club:

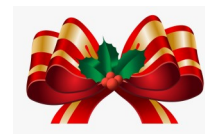
Jerilyn L., member

Carl M., Green Valley resident

Kay Boone, Arista HealthCare (recipient of PMD Alliance's Certified Parkinson Disease Care™ for home health, hospice, and caregivers)

Vanessa Leschak, Parkinson's Disease Nutrition

Join the fun of building!



New Therapy

On December 9th, a person with essential tremor who has been treated with focused ultrasound will be on hand at SAC Club to tell about his experience with the procedure. This treatment was recently approved for tremor-dominant Parkinson's. Come and learn more!

More News

A Message From Sue Colley

Hope everyone enjoyed the holiday with family and friends.

I need to apologize to you all. I made a mistake on the invites to the holiday luncheon sent to alumni and volunteers. The invite said Saturday instead of Friday. It was brought to my attention Wednesday. Corrected invites are being mailed today. So to make clear - the day is **Friday, December 6th**.

I would appreciate board members to arrive around 11 on Friday to help setup, be greeters, etc. We will be at GVR Las Companas Social Center this year. See everyone on Friday. Enjoy the turkey day leftovers.

Sue Colley



In Memoriam

Bill Lehman—survived by his wife, Sue

Bill will be missed by our new group at Silver Springs. The family has requested donations to be given to our support group or the food

Parkinson's Post

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Sue Colley

Thank you to these volunteers who made this publication possi-

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

December, 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Exercise 9:00-9:45 SAC—Legos	3	4 Exercise 9:00-9:45 Women w PD - 1:00 Silver Springs Group - 1:00	5	6 Holiday Luncheon 1:00	7
8	9 Exercise 9:00-9:45 Ultrasound & PD	10 Golfing 8:30	11 Exercise 9:00-9:45	12 Meet & Greet 10:00	13 Exercise 9:00-9:45 Parkinson's Educational Meeting 3-4P	14
15	16 Exercise 9:00-9:45 SAC Club 1:00	17 Golfing 8:30	18 Exercise 9:00-9:45 Women with PD Men with PD PD Partners 1:00	19 GAP 10:00	20 Exercise 9:00-9:45 Board Meeting 10:00	21
22	23 Exercise 9:00-9:45 SAC Club 1:00 Art classes, Legos	24 Golfing 8:30	25 	26	27 Exercise 9:00-9:45	28
29	30 Exercise 9:00-9:45 SAC Club 1:00	31 Golfing 8:30 				

BOARD MEMBERS

President

Charlene Ostlund

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Suzanne Colley

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Marcia Heath

Secretary

Bonna Cunningham

Directors

Sue Cupell

Dan Fahy

Bill Hanne

Ann Ketterer

Ken Peters

Tom Shoenhard

Upcoming Events:

Lecture Series



- Next lecture: **NONE FOR DECEMBER**
- GVR East Social Center (7 S. Abrego Dr.)
- 1:00p

Meet & Greet



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

Friends Night Out



- **NONE FOR DECEMBER**
- 5:00p Agave Restaurant Buffet/\$21

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



- **NONE FOR DECEMBER**
- Friends in Deed (301 W. Cmo Casa Verde)
- 12:30p

Mandala Coloring/Brain Aerobics



- **NONE FOR DECEMBER**
- Friends in Deed, 301 W Camino Casa Verde
- Mandalas-11:00 am/Brain aerobics-1:00 pm
- Instructor: Patricia Izzi

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

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



December 13, Friday, 3:00-4:00p
Parkinson's Educational Meeting
Community Center
780 S. Park Centre Ave, Tucson

December 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 This and That

Need (Want) Ads

People to serve on our committees. Look for sign up sheets at our various events.

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

Bill and Anne Hanne will not be able to be our librarians. Feel free to ask other members if you think of anyone that might be willing.

Volunteer by speaking to Ann, Sue or Charlene.

Power Chair Still 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@gvspd or contact Marcia Heath to make arrangements.



Note from the Editor:

The usual seasonal excuses, cataract surgery, a power outage and the demise of a modem all conspired to cause this editor to be very, very late for this month. I hope you all can forgive my tardiness during this season of love and forgiveness.

DVF

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