



Parkinson's Post

APDA Parkinson's Support Group of Green Valley/Sahuarita
 P.O. Box 714, Green Valley, AZ 85622 www.gvspd.org

April, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>I have great faith in fools -- self-confidence, my friends call it. ~Edgar Allan Poe</i>					1 Educational Meeting 1-2:30 East Center <i>exercise</i>	2
3	4	5	6 Women with PD	7	8	9
	<i>exercise</i>		<i>exercise</i>		<i>exercise</i>	
10	11	12	13 Activity Day Valley Presbyterian	14	15 Board Meeting Valley Presbyterian	16
	<i>exercise</i>		<i>exercise</i>		<i>exercise</i>	
17	18	19	20 Women with PD Men with PD Caregivers	21	22	23
	<i>exercise</i>		<i>exercise</i>		<i>exercise</i>	
24	25	26	27	28	29	30
	<i>exercise</i>		<i>exercise</i>		<i>exercise</i>	

Exercise Classes are held at the Presbyterian Church, 9-9:45.
 Ladies with PD, Men with PD, & Caregivers meet at Friends in Deed from 1 -2:30PM.

Message from the Board



Pres. Lou Butler

Our annual Activity Day grows every year. You won't want to miss this year's event. We have planned activities that everyone will enjoy whether a person with PD or not. Bring a friend. Invite neighbors. Make announcements at clubs. Register at our April educational meeting or do so online at www.gvspd.org.

March Educational Meeting

It's a message that we're hearing over and over again--exercise is the best medicine--first from Dr. Ospina in February and then in March from Dr. Becky Farley, developer of LSVT® BIG, a physical therapist, a neuroscientist, and Parkinson's exercise specialist. She studied the research and created PWR!GYM™ NeuroFitness Center in Tucson. Last year she found NeuroFit NetWorks

(www.nfnw.org), a nonprofit organization to help subsidize the costs of this center and her efforts to expand across the nation. She hopes to make early intervention and continuous access to research-based exercise programs available to everyone with PD.



Dr. Becky Farley, PhD,

Power Over Parkinson's

On March 5, several members of our group attended this conference in Tucson. Dr. Sherman, MD, PhD, spoke about Parkinson's medications, and Dr. Thomas Norton, MD, provided information about deep brain stimulation. There were several short presentations including Carroll Morris' plug for our Activity Day.

Spring Fair Booth

Thanks to all who helped with our booth at the Spring Fair in The Village. Jim Ragsdale won the 50/50 raffle and donated his winnings back to us. Thank you, Jim! We raised \$114 while spreading the word about our support group.

UPCOMING EVENTS:

Educational Meeting

Friday, April 1, 1- 2:30 at East Center

Practical Tips for Living with Parkinson's Disease.

Donna Galligher, Executive Director of Southern Arizona Family Services, will speak on services that can help people with Parkinson's stay in their homes as long as possible. Duwayne Crook, OTR, director of therapy at HealthSouth RIT, will introduce assistive devices that make activities of daily living easier.

Activity Day

Wednesday, April 13, 8:45-12:00

Presbyterian Church

Don't miss this big, yearly event. It's designed to raise money for Parkinson's research while giving attendees the opportunity to participate in activities that support our motto:

Give Parkinson's the SAC! Stay...
Mentally *S*timulated,
Physically *A*ctive, and
Socially *C*onected!

If you cannot come for all of the activities, please come for part of the morning. Your participation is very important for the success of the event.

8:45 Check in and peruse our silent auction

9:00 Chair Exercise with Mia Cooper

9:45 Welcome

9:50 Empowerment Drumming/Chris Deszo

10:30 Bingo

Open: Card games, puzzles, Sudoku, etc.

11:45 PD Rap by Sharon Kha

12:00 Silent Auction ends, lunch served

Register ahead of time in order to order a lunch (\$10).

Memory Enhancement and Communication Skills

Tuesday, April 19, 9:30-10:45

La Posada Out Patient Therapy Building

It's not too late to join this free class. We thank La Posada and speech therapists Lia Lavalley and Laurel Harris for providing this opportunity for us. Read more details on pg. 4.

Panel Discussion on Medications

Did you know that *sinemet* is a Latin word that means without throwing up? Those from our support group that attended the panel discussion about PD treatments in Tucson on March 15 learned this along with more practical information. **Scott Sherman, MD, PhD, Raymond Woosley, MD, PhD**, (regulatory expert), and **Stephen Fried** (an investigative journalist) discussed drug side effects, adverse events, and treatment interactions.

For those of you that were not able to attend the forum, here are some of the suggestions and other remarks made by these experts:

- Respect medications and ask what the medications are *not* good for, that is, learn the side-effects.
- Ask the pharmacist how the new prescription interacts with the other drugs you are taking—not just once, but often, because new information is always being released.
- Take meds as directed and tell your doctor if something is not working.

- Keep a list of your meds with you.
- If something isn't working, tell your doctor.
- Every drug can have an adverse reaction. Learn whatever you can about any medication you take.
- Use only one pharmacy and get to know the pharmacist.
- Side effects can develop many years after you started taking a drug.
- When a doctor prescribes a new drug, ask if there is a test to know when and how much to take.
- PD patients should avoid taking drugs (other than PD meds) that affect the Central Nervous System.
- Women experience side effects more often than men. Most dosages are set for men so smaller people should titrate (take small dosages and increase gradually) new medications. Talk to your doctor.
- We're not all alike so any drug does not work for everyone.

Read more about drug-drug interactions, learn where to find accurate drug information, find information about over-the-counter drugs, and complete a form

Tricks, Ideas, and Practical Solutions

by Charlene Ostlund

Last month I asked you to share traveling TIPS. There is not enough space to list all of the ideas, so here are those suggestions of things to do while preparing to travel. Next month I will print those that apply to the actual day you are traveling.

- Try to schedule trips a few weeks after doctor appointments so if there are changes in medication, there will be time to adjust. Don't start new medications or change dosages while on vacation.
- You may want to ask your doctor for a letter saying that you need to take these medications in case border officials question you.
- Arrange direct flights if possible.
- If flying, request an aisle seat.
- Choose flights no longer than 3 hours.
- Request a handicapped-accessible hotel room.
- Check if you have enough pills to last through your trip.

- Plan to pack extra medication just in case.
- On the day before taking a long trip, rest.
- Drink a lot of fluids on the days before traveling and then drink less on the day of travel for fewer restroom stops.
- Make a list of all of your medications and their generic names.
- Make a list of your doctors and phone numbers, emergency contact, and medications. Pack these and your insurance card to carry with you.
- Make sure your cell phones are charged.
- Reserve a wheelchair at destination and for any change of planes. The wheelchair pusher will know how to find your gate. Carry small bills for tips.

Thanks to those who contributed ideas. I hope you find them useful. It is not too late to submit more TIPS concerning the day of travel for our next issue. Send them to costlund@cox.net.

Caregiver's Corner

Brain Games

Patricia S. Mote MN, RN

Dementia is not a given in Parkinson's but Parkinson's patients do have a higher risk of developing dementia. Even in the absence of dementia, thinking is often slowed in Parkinson's. Likewise, stress and depression can interfere with thinking and focus in caregivers. Staying sharp is a priority for both caregiver and receiver.

Research in the last 20 years has shown that the brain can create new brain cells. Brain cells require good nutrition and oxygen. In addition, brain cells must connect with other brain cells to survive. Depression and stress release chemicals in the brain that can be toxic to the brain. So, what can you do to make new brain cells? The answer: EAT, MOVE, THINK and INTERACT.

Feed your brain. Antioxidants, Omega-3's, and vitamins D, E and B-12 are all brain food. Deeply colored fruits and veggies, nuts, olive oil and wild-caught cold water fish are good sources of brain food.

Exercise. Exercise increases blood flow and subsequent oxygen and nutrients to the brain and increases brain cell connections. Exercise classes such as the Parkinson's exercise class, water fitness classes, dance classes and numerous other activities and exercise offerings help keep you moving. This is vital to a healthy brain.

Use your brain. Reading, playing cards, doing puzzles and playing games are all activities that keep your brain sharp. Creative activities such as painting and writing are also excellent activities for keeping your brain challenged. Being involved in something meaningful regardless of your limitations keeps you mentally challenged and wards off depression.

Stay connected. Social interaction is vital to a

healthy brain. Conversation alone forces an individual to choose words, think and form ideas for verbal expression. Isolation limits one's capacity to think and interact and thus does not stimulate the brain. Socialization also decreases stress and depression, which have a negative impact on brain function.

In summary, eat a brain healthy diet. Move your body any way you can. Challenge your brain, and as the commercial used to say, "Reach out and touch someone".

Visit alz.org for "brain healthy diet" suggestions. Check out the "Big Brain Puzzle Book" developed by the Alzheimer's Association, available at Amazon and Borders.

Reminder: Check the calendar on pg. 1 for meeting dates of the Women's, Men's, and Caregivers' Support Groups. Sharing your experiences within these groups is a great way to stay socially connected.

SAVE THE NEW DATE

Tuesday, April 19

The **Memory Enhancement and Communication Skills** classes are now being held on the **3rd Tuesday of each month** and will continue through the summer and beyond. The classes are free and open to all members of our group, including care partners. Previous attendance is not required.

Lia Lavalley and Laurell Harris, both speech therapists at La Posada, have developed a program that includes demonstrations of techniques and skills to help individuals communicate and recall life experiences.

The class provides an opportunity to practice communication and memory techniques in a relaxed group setting.

Classes are held from 9:30 to 10:45 at La Posada Out Patient Therapy Building, La Hacienda, 700 S. La Posada Circle, Green Valley. Call 520-648-2200 for directions, if needed, and **TO LET THEM KNOW YOU WILL BE THERE**. If you have questions, call Marcia at 232-3599 or Donna at 399-1188.

JOIN US ~ ALL ARE WELCOME

Getting to Know You...

Many of you know **Henry (Hank) Huber** from our exercise class. He and his wife, June, started coming to Green Valley in 1997. During their first visit, it snowed 4 inches and Hank got the flu. We're glad that this rocky start didn't deter them from returning. They continued visiting here for six months each year ever since.



The Hubers were married for 56 years. June died a year ago after being ill for several years. They have two children and five grandchildren.

Did you know that Hank...

- lives in Lansing, Michigan, when he's not in GV?
- was a professor in the Forestry Department at Michigan State University and is still a Spartans' fan?
- worked in industry for ten years--two of those years in Tennessee?
- was a naval officer and made three trips to Korea during the Korean War?
- belongs to the Valley Presbyterian Church?
- has traveled to all fifty states (though he admits that he only drove through Rhode Island)?
- has visited over 45 countries?
- enjoys reading and golfing?
- belongs to the Woodworking Club?

No doubt, some of you are from Michigan and others of you share interests with Hank. The next time you see him; tell him about those things you share in common.

Parkinson Support Group Contacts

Lou Butler - President	777-7583
Gary Morris - 1st Vice-President	207-2475
Ken Herzing - 2nd Vice-President	399-2630
Linda Stein - Secretary	399-2444
Shirley Girod - Treasurer	399-0913
Cynthia Holmes - APDA	626-5055
APDA Office	326-5400

PD in the News

According to medicalnewstoday.com, a **gene therapy** called NLX-P101 dramatically reduces movement impairment in Parkinson's patients. Phase 1 and phase 2 of the study showed similar findings. Twenty years of research led up to this study.

"Patients who received NLX-P101 showed a significant reduction in the motor symptoms of Parkinson's, including tremor, rigidity and difficulty initiating movement," says Dr. Kaplitt, who pioneered the approach and helped design the clinical trial.

You may have noticed that doctors are paying more attention to **vitamin D**. Medicalnewstoday.com reports that a vitamin D insufficiency is common in patients with a recent onset of PD. An insufficiency of Vitamin D is associated with a variety of disorders and chronic diseases, including impaired balance, decreased muscle strength, mood and cognitive dysfunction, and autoimmune disorders. Has your doctor checked your vitamin D levels?

Needed: Someone to write the Getting to Know You column for future issues. Call Charlene at 777-4847 to volunteer.

Sponsors of 2011 Activity Day

AccentCare[™]
YOUR EXTENDED FAMILY

Personal Care
101 S. La Canada Dr., Suite 56
Diane C. Gould 520-393-7144



*Prestige Assisted Living
at Green Valley*



512 E. Whitehouse Canyon
Rd.
625-7100

PARKINSON SUPPORT GROUP
OF GREEN VALLEY~SAHUARITA
PO Box 714
Green Valley Az 85622

PARKINSONS SUPPORT GROUP OF GREEN VALLEY/SAHUARITA
UPCOMING EVENTS



Friday, April 1 Educational Meeting, 1-2:30 East Center
Wednesday, April 13 Activity Day, Presbyterian Church
Thursday, April 19 Memory Enhancement and Communication

LOOK INSIDE for more details.