



# Parkinson's Post

APDA Parkinson's Support Group of Green Valley/Sahuarita  
 P.O. Box 714, Green Valley, AZ 85622 [www.gvspd.org](http://www.gvspd.org)

## January, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 Aqua Therapy Class 12:00 - 1:00	4 Women with PD  <i>exercise</i>	5 Aqua Therapy Class 12:00 - 1:00	6 Lecture 1:00 East Center  <i>exercise</i>	7
8	9  <i>exercise</i>	10 Aqua Therapy Class 12:00 - 1:00	11  <i>exercise</i>	12 Aqua Therapy Class 12:00 - 1:00	13  <i>exercise</i>	14
15	16  Card Making 12:30 <i>exercise</i>	17 Aqua Therapy Class 12:00 - 1:00	18 Women with PD Men with PD Caregivers  <i>exercise</i>	19 Aqua Therapy Class 12:00 - 1:00	20 Board Meeting  <i>exercise</i>	21
22	23  <i>exercise</i>	24 Aqua Therapy Class 12:00 - 1:00	25  <i>exercise</i>	26 Aqua Therapy Class 12:00 - 1:00	27  <i>exercise</i>	28
29	30  <i>exercise</i>	31 Aqua Therapy Class 12:00 - 1:00	A New Year's resolution is something that goes in one year and out the other.			

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

## Vice President's Message

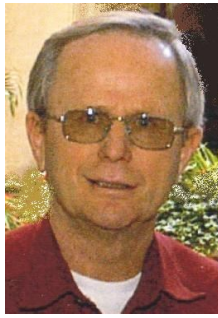
When Carroll Morris asked me to join the Board, I was flattered and eager. Ever since I was a kid, I could not sit around and do nothing. Some people enjoy curling up with a good book. Not me, I have to be doing something productive.

It became obvious to me recently that Barbara, my wife, needed me to be at home to be with her and to support her. So I retired, not knowing what I would be doing with myself in retirement. When Carroll approached me, she did not realize that joining the Board would be helping me far more than I would be helping the Board.

My first official assignment was to be the interim librarian, which I accepted. Gary Morris gave me three binders full of historical information about the Support Group. As I scanned through the binders, I realized that this organization had a long, rich history which needed to be available to all members to read. So, I am establishing a Reference Library, which will be available at each of our monthly lecture series. It will consist of those three binders and a collection of back issues of the Parkinson's Post. We will make them available before and after each of our monthly meetings. They will be considered Reference Books and not available to be checked out. If you wish to come early and look through them or stay late and do the same, I will have them available at a table when you enter.

My wife and I are new to the Parkinson's disease world. We are grateful that this support group is available to guide us along this journey. I look forward to getting to know all of you. Please do not hesitate to grab my shirttail if I can ever do anything for any of you.

Wayne C. Williams  
First Vice President



Wayne Williams

## Wayne's New Year's Resolution

I have decided as a New Year's resolution to eliminate the word "expedite" from my vocabulary. This is what happens when a newly retired guy with time on his hands transitions into a caregiver.

Barbara and I were shopping at Costco a few days ago. As you might imagine this time of year, it was crowded with people pushing large shopping carts up and down the aisles. To "expedite" matters, I decided to leave my cart at the end of the aisle and look for what I wanted by myself.

I, assuming that Barbara would follow me or stay with the cart, walked down the aisle. Not finding what I wanted, I

returned to the cart and, of course, Barbara was gone. I could not see her, I knew she had her cell phone in her pocket, but, of course, I had left mine in the car.

I started pushing our loaded cart slowly down the aisle, hoping that she would see me. As I approached the end of the aisle, around the corner she came, not knowing quite where she was.

I was relieved, and everything turned out just fine. I have to learn that in my retirement, I have time on my hands. There is no need to hurry to get things done. There certainly is no reason to "expedite" things. This is the last time I will use that word.

## UPCOMING EVENTS:

### Lecture Series

Friday, January 6

East Center (7 South Abrego Drive)

*What's Next? Understanding the Stages of PD*

Dr. Cynthia Reed will be our speaker this month. Dr. Reed is a movement disorder specialist who comes to Green Valley on certain days each month for appointments with patients who live here.

### Support Group Meetings

Friends in Deed (301 W. Camino Casa Verde)

Wednesday, Jan. 4: Women's Group

Wed., Jan. 18: Women's, Men's, and Caregivers' Groups  
1:00 - 2:30

Here is your chance to talk about yourself and how you are coping. Listen and learn from others who are experiencing similar situations.

### Card Makers

Monday, January 16

12:30

All members of our support group are invited to join this group as they design and construct birthday cards for members. No experience needed. Making the cards is as much fun as receiving them. Call Charlene at 777-4847 for info.

### Aqua Therapy Class

La Hacienda at La Posada

Tuesdays and Thursdays

12:00 - 1:00

### HELP!

Our Board of Directors needs a secretary. If you appreciate the benefits our group provides, this is your chance to support the group as it supports you. For a list of duties, send an e-mail to parkinsonsgrp@aol.com or call one of the board members listed on pg. 5.

## Caregivers' Corner

By Patricia S. Mote MN, RN

### Twelve Steps for Caregivers

With the new year upon us (Yikes, is it already 2012?), I thought a little self-renewal and inspiration for the new year might be in order. The "Twelve Steps for Caregivers" seemed perfect. So here goes.

Although I cannot control the disease process, I need to remember I can control many aspects of how it affects me and my relative. I need to:

- ❖ Take care of myself so that I can continue doing the things that are most important.
- ❖ Simplify my lifestyle so that my time and energy are available for things that are really important at this time.
- ❖ Cultivate the gift of allowing others to help me, because caring for my loved one is too big a job to be done by one person.
- ❖ Take one day at a time rather than worry about what may or may not happen in the future.

- ❖ Structure my day, because a consistent schedule makes life easier for me and my relative.
- ❖ Have a sense of humor, because laughter helps to put things in a more positive perspective.
- ❖ Remember that my loved one is not being difficult on purpose, rather that his/her behavior and emotions are distorted by the illness.
- ❖ Focus on and enjoy what my loved one can still do rather than constantly lament over what is gone.
- ❖ Increasingly depend upon other relationships for love and support.
- ❖ Frequently remind myself that I am doing the best that I can at this very moment.
- ❖ Draw upon the Higher Power, which I believe is available to me.

Adapted reprint from the American Journal of Alzheimer's Care and Related Disorders & Research, Nov/Dec, 1989, 4(6), 38-41.

The challenge of retirement is how to spend time without spending money.

### Tricks, Ideas, and Practical Solutions

By Charlene Ostlund

Did you know that our bodies produce dopamine while sleeping? Unfortunately, people with Parkinson's disease often have trouble getting to sleep or sleeping through the night. Here are some tips that might help:

- When possible, go to bed and get up at the same time every day.
- During the day, spend time where you can see bright, natural light.
- Stay active during the day with activities that keep you occupied so that you are less apt to nap.
- Exercise early in the day. Exercising in the evenings might stimulate you and prevent sleep.
- Drink less during the last four hours before bedtime. Avoid caffeinated beverages for at least six hours before bedtime. Alcohol can also contribute to poor sleep.
- Limit eating three hours before going to bed.
- Don't use your bed for watching TV or reading. Train your body to think of it as a place to sleep.
- Keep the bedroom slightly cool for sleeping.
- Develop a relaxing bedtime routine.
- Wait until you are sleepy to go to bed.
- If you are unable to sleep within 15 minutes of going to bed, get up and do something relaxing until you are sleepy.
- If PD symptoms are keeping you awake at night, ask your doctor about changing your nighttime medication.
- Wear socks to bed if your feet get cold.

Perhaps you have your own tricks to get a good night's sleep. As always, share your tips by sending an e-mail to supportgroup@cox.net or by calling me at 777-4847.

## Getting to Know You...



Bud  
and  
Donna  
Moore

Perhaps you thought you knew Donna and Bud Moore, but did you know that Donna played many sports including mixed softball, volleyball, golf, and bowling and competed in track and field events in her youth? Did you know that Bud had the pleasure of playing basketball with three future All-American and Los Angeles Lakers stars (Elgin Baylor, Frank Selvy and Julius McCoy) while playing for Seattle University and US Army – Europe or that Bud bowled in a brewery league that included superstar Earl Anthony?

The Moores have lived in Green Valley for thirteen years. Previously, they lived in Greater Washington, D.C.; Warren, Michigan; Seattle-Tacoma, Washington; and Germany while working for the Federal Government.

Donna served 27 years with the Federal Government. She worked as Senior Management Analyst for the Department of the Army. She also held administrative positions in the IRS, Tax Court, and National Endowment of the Arts and Humanities.

Bud served 42 years with the U.S. Army. He was an inspector general and US Army officer. He also worked as a public relations/tour guide supervisor for a brewery.

Their hobbies include restoring and refinishing furniture and photography. Bud studied motion photography and assisted in one episode of *ABC Wild World of Sports*. They're also interested in home decorating, picture framing and matting, gardening, using computers, and cooking and baking. Correction—Donna enjoys cooking; Bud enjoys eating.

Today Donna stays active swimming, power walking, and weight training. Bud participates in our exercise class and walks in the pool. Together they play cards, watch old movies, listen to music, and research trivia. They also like to sing together for their own enjoyment. Both belong to choirs in schools and churches.

You might run into Donna and Bud at some of the GVR clubs. They're both members of Computer Club. Donna belongs to Green Valley Duplicate Bridge Club, and Bud belongs to Green Valley Men's Poker Club.

With all of these activities, it must be hard to find time to stay in touch with their five children, eleven grandchildren and one great grandchild.

## Holiday Potluck

The nasty weather didn't scare anyone away from our holiday potluck. The tables filled up with a record-sized crowd. Everyone enjoyed the festive occasion.

Such events don't happen without a lot of work. A big thank you to Shirley Girod, who organized the event and arranged for entertainment. Didn't she make a great MC?

Another thank you to Myrna Northrup for the lovely center pieces that were given away as door prizes. Also, thanks to the other helpers: Linda Stein, Polly Gosse, Joanna Davison, Doris Schneider and all who pitched in.

There were many compliments and only one request--next time someone needs to bring a *chocolate* dessert!

## Hobby Show and Tell

Our March Friday meeting will be about hobbies. We need people to bring their hobbies to show to the group. You may opt to simply display your hobby or you can show and tell the group about it. If you are willing to do either, send an e-mail to [supportgroup@cox.net](mailto:supportgroup@cox.net) or call Charlene at 777-4847.

## Surveys

If you haven't yet returned your interest survey, please do so. Our board wants to know how our group can serve you better. You may return the survey by e-mail or bring it to our next lecture on January 6, or take it to any exercise class or support group meeting.

## Birthdays

Those of you with January birthdays will be acknowledged at the lecture meeting at the beginning of the month. You will also receive a birthday card handmade by a group of our members. For those who don't attend the meeting, we will send cards. However, we can only send a card to you if we know when your birthday is. Many of you signed the list that was passed at the holiday potluck. It will be passed again at the January meeting. Another way to let us know is by filling out the survey mentioned above.

The birthday cards are designed to be reusable. Instead of signing the cards, our group's business card will be inserted into the card. To reuse the card, remove the business card and sign your name. By reusing the cards, you will be spreading the word about our group.

## Thank You, White Elephant

On December 15, Country Fair, White Elephant once again presented checks to the community. Our support group was one of the recipients.



**Shirley Girod**, Treasurer, representing our group, accepted the check for \$14,000. This amount virtually covers our budget for the fiscal year (September-August). Because of the generosity of The White Elephant and the work of its volunteers, our support group is able to continue its lecture series, publish the *Parkinson's Post*, provide exercise classes, have entertainment at our December and May socials, organize Activity Day, and much more.

The next time you shop at White Elephant, thank the volunteers for their support. Also, thanks go to Shirley Girod and Carroll Morris for preparing the grant application. Writing grants takes time and effort and we appreciate Shirley and Carroll's work!

### Parkinson Support Group Contacts

Carroll Morris - President	207-2475
Wayne Williams - 1st Vice Pres.	904-3901
Ken Herzing - 2nd Vice President	399-2630
Linda Stein - Secretary	399-2444
Shirley Girod - Treasurer	399-0913
Rich Cunningham - Treasurer Elect	207-6054
Cynthia Holmes - APDA	626-5055
Charlene Ostlund - Newsletter	777-4847
E-mail:	supportgroup@cox.net
Web site	gvspd.org
APDA Office	326-5400

## PD in the News

Two new ways of taking L-dopa may be available in the future. One way is by administering it as a gel using a portable pump into the small intestine. This method allows the flow to be adjusted according to need and provides a more consistent level of the medicine in the blood. The second way is a new inhaled version of L-dopa that may produce rapid, consistent and longer-lasting effects. The Michael J. Fox Foundation has awarded a grant for clinical trials for inhaled L-dopa.

\*\*\*\*\*

You may want to talk to your doctor if you are using pramipexole (Mirapex). New research shows that this drug increases the risk of heart failure in people with Parkinson's disease by 61%. The greatest risk is in the first three months of using the drug or for people over 80 years old. The research did not find this problem to be true of other dopamine agonists. Talk to your doctor before making any changes to your meds.

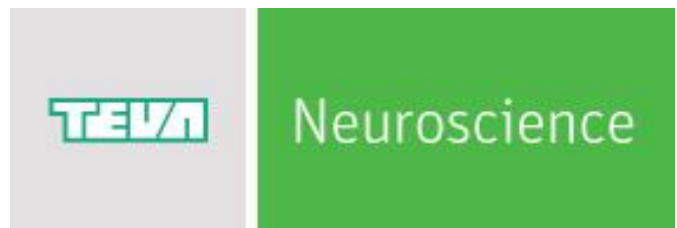
## Sponsors of Activity Day



***Prestige Assisted Living  
at Green Valley***  
1175 S. Abrego Dr. 648-5583



512 E. Whitehouse Canyon Rd.  
625-7100



***AccentCare™***  
YOUR EXTENDED FAMILY

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

