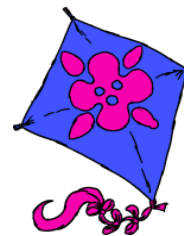




# Parkinson's Post

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

[www.gvspd.org](http://www.gvspd.org)



## March, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Always laugh when you can. It's cheaper than medicine.				1	2 Lecture 1:00 East Center  <i>exercise</i>	3
4	5  <i>exercise</i>	6 Memory Enhancement Class 9:30-10:45	7 Women with PD  <i>exercise</i>	8	9  <i>exercise</i>	10 Power over Parkinson's Conference 9-12:30
11	12 Card Making 12:30  <i>NO exercise</i>	13	14  <i>NO exercise</i>	15	16 Board Meeting 10:00  <i>NO exercise</i>	17
18	19  <i>exercise</i>	20 Memory Enhancement Class 9:30-10:45	21 Women with PD Men with PD Caregivers  <i>exercise</i>	22	23  <i>exercise</i>	24
25	26  <i>exercise</i>	27	28  <i>exercise</i>	29	30  <i>exercise</i>	31

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.

## President's Message

If you're hungry for more educational meetings, don't miss the Power over Parkinson's conference, Saturday, March 10. It will be held from 9-12:30 at the Duvall Auditorium, University Medical Center, 1501 N. Campbell Avenue. The cost is \$15 per person. Make your check out to APDA Arizona and mail it to: AZ-APDA, P.O. Box 40067, Tucson, AZ 85717. Online registration will also be available, but we don't have the information as yet.



Carroll Morris

The schedule includes Dr. Bose on medical management; Dr. Langevin on surgical approaches; Dr. Yablick on coping with cognitive changes; and Dr. Sherman on research. Light refreshments will be served at noon, followed by a Tai Chi demonstration on the plaza.

Bus transportation will be provided free of charge for our members and their spouses. The bus will leave from the parking lot in front of Ace Hardware at 8 a.m. sharp. Interested parties can sign up at the March 2nd meeting or call me at 207-2475. We'll order the size of bus according to the response we get.

In the past, we've had a good representation from our group at this conference. I hope to see many of you there this year!

Carroll

Visit our website--[gvspd.org](http://gvspd.org).

## New for the Men with Parkinson's

By Ken Herzing

In order to add some educational content to our monthly men's meeting, we are taking about 45 minutes of the time to view Web briefings from the Parkinson's Disease Foundation (PDF). These video presentations are broadcast on the Internet in the form of a Webcast. The PDF usually streams these broadcasts on specific days, at specific times, but we are accessing their archives so we can watch them at any time.

At this time, PDF's archives contain about 25 topics available for viewing. At our February meeting, we watched Dr. Melissa Nirenberg's talk *Parkinson's disease and its Treatment: Secrets, Myths and Misconceptions*.

We are able to have this information at our meetings thanks to the fact that Friends in Deed now has WiFi capability in their facility. We are grateful to Friends in Deed for their support and cooperation in setting up our meetings.

## UPCOMING EVENTS:

### Lecture Series

Friday, March 2

East Center (7 South Abrego Drive)

1:00 - 2:30

*Finding Joy in Hobbies--Despite PD!* with Cynthia Holmes and Anna Wilkinson. Call Carroll Morris (207-2475) if you have a hobby for show and/or tell.

### Power over Parkinson's Conference

Saturday, March 10

Tucson

9 - 12:30

See details in *President's Message*. Bus transportation is available.

### Support Group Meetings

Friends in Deed (301 W. Camino Casa Verde)

Wednesday, March 7: Women's Group

Wed., March 21: Women's, Men's, and Caregivers' Groups

1:00 - 2:30

### Card Makers

Monday, March 12

12:30

Call Charlene Ostlund at 777-4847 to join in the fun. Winter Visitors with summer birthdays, if you want to receive a birthday card, we need your summer addresses.

### Memory Enhancement Class

La Posada (La Hacienda at 700 S. La Posada Cir.)

9:30 - 10:45

Laurel Harris, a speech therapist at La Posada, invites members of our support group to two memory group meetings. The sessions will be held in the family room at La Hacienda.

On March 6, Laurel will give a basic description of memory function. The group will discuss why people experience changes in memory. Come and learn memory-boosting techniques.

On March 20, there will be a review of memory techniques and practice in a small group setting. Participants will learn which techniques work best for remembering names, lists, routines, etc. Caregivers will learn how to help improve functional memory in partners with memory problems.

### Fall Prevention

Congratulations to Marcia Wiener, Ken Herzing and Pat Herzing upon completing Pima Council on Aging's course on preventing falls called *It's a Matter of Balance*. The course will soon be offered again in Green Valley. Register by calling the PCOA Health Promotion Program at 790-7262.

## Caregivers' Corner

As a caregiver of a person with Parkinson's, you already know that the disease affects not only your loved one, but also yourself, your extended family and perhaps many people within your circle of friends. If you have found it difficult to let others help, or to take time out for yourself, Casa Community Services has programs that you might consider.

Casa Community Services is the new name for Casa de Esperanza, a long-time Green Valley social services nonprofit that offers Adult Day Health Care and has recently begun to offer night care as well. Participants in the day program can take advantage of restorative and occupational therapy through La Posada as part of their day at Casa.

"Adults in our program benefit from a safe, stimulating environment under the care of our activity staff and nurses, but family caregivers also benefit," advised program director Cindy Campbell. "While their loved one is in Adult Day Health Care, the spouse or family member who cares for them can take time for themselves. Some use the time to go to appointments, shop, meet with friends or simply rest. Our night care program is designed to give caregivers time to get a much-needed uninterrupted night's sleep."

Support groups play an important role in the emotional well-being of caregivers and Casa offers a monthly meeting where participants can share tips and get to know others who have taken on caregiver roles. Campbell facilitates the meetings and says there has been good participation from those attending. "Caring for someone with Parkinson's is a 24/7 role," Campbell said. "It is important to remember that taking care of yourself is an important part of taking care of your loved one."

Casa Community Services is a division of La Posada. In addition to Adult Day Health Care and Night Care at Casa, the organization offers behavioral health services and preschool and child care. It is home to the Casa Community Center, offering senior activities and a daily lunch every weekday.

The campus is located at 780 South Park Centre Ave., at the entrance to La Posada's retirement community. For information go to [www.casagv.org](http://www.casagv.org) or call Cindy Campbell at 625-2273.

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Casa's website lists these fees for services:

- Adult Day Health Care: Monday – Friday: \$62/day
- Night Care: Tuesdays and Thursdays: \$95/night
- Daytime Drop-in Service/Hourly Rate: \$18

Our support group can help by paying half the cost of any professional caregiver up to \$300 per year per family. Call Treasurer Rich Cunningham for details ( 207-6054).

## From The Librarian.....

By Wayne Williams

Reading through our Reference Library is an experience in "discovery". The interesting backgrounds of some of our members amaze me.

Did you know....

Our own Ken Herzing participated in the 60's in the training of the first two chimpanzees to fly into space. He finished his career in aerospace as a Program Manager on the design and building of the Computer Systems aboard the International Space Station!

Good grief, Ken, you seem like such an ordinary fellow.

The following is a list of the books that we have for you to check out:

*From Rage to Courage* .....Michel Monnot

*Coping with Parkinson's Disease* .....Susan B. Levin

*100 Questions & Answers about Parkinson Disease* .....

Abraham Lieberman

*Mainstay for the Well Spouse of the Chronically Ill* .....

Maggie Strong

*The Help, Hope and Cope Book* .....Patricia H. Rushford

*Parkinson's: A Patient's View* .....Sidney Dorros

*The Parkinson's Handbook* .....Dwight C. McGoon

*Caring for the Parkinson Patient* .....Hutton and Dippel

*Parkinson's Disease The Art of Moving* .....John Argue

*Parkinson's Disease, A Guide for Patient and Family* .....

Roger C. Duvoisin

*Keeping Busy* .....James Dowling

*Eat Well, Stay Well with Parkinson's* .....Kathrynne Holden

We expect to add to this list as time goes by. If you are aware of any reading material that would be of interest to our members, please bring it to our attention.

## Getting to Know You...



Meet **Fred and Marlene Pelton**. Would you believe that the Peltons met on a blind date and married ten months later? They joke that it was a marriage of convenience—Fred had a toaster and Marlene had a TV.

It was less than a year ago that they moved to Green Valley. This is their 14th home together. They have also lived in St. Louis, MO; Tulsa, OK; Fayetteville, AR; Springfield, OH; Joplin, MO; Knoxville, TN; and Irwin, PA.

Marlene was born and raised on a farm in southern Minnesota. She attended school in a museum.... At least, the one-room schoolhouse is a museum today in the county fairgrounds. She went on to graduate from Hamline University in St. Paul and then got a Master's Degree in Library Science from the University of Michigan. Then she accepted a position with the St. Clair County Library System headquartered in Port Huron, MI. For eighteen years, she ran a one-person medical library at St. Luke's Hospital in Chesterfield, MO. She helped develop on-line medical textbook databases for MD Consult.

Fred was born and raised in Port Huron, MI. Over the years, he has worked as a cook, a part of a Naval Special Warfare group, Factory Manager, Production Planning Engineer, Director of Computer Operations, and Director and Vice President of Operations. As International Business Consultant and Project Manager, he built several factories in the US and other countries (Mexico, China, Malaysia, Indonesia, Australia, Italy, and Brazil.)

Today the Peltons enjoy going to exercise class, traveling, and visiting their three children and four granddaughters. Fred also likes shooting, lapidary, computers, cooking and learning new things. Marlene stays busy by managing the family farm in Minnesota, doing photo archiving and genealogy, using computers, and reading.

Marlene was diagnosed with Parkinson's disease twenty-three years ago. She feels fortunate that she was able to work longer than she expected. She says that Fred is the greatest caregiver in the world and appreciates his support. "Quality of life is the most important thing for me and I think with the support of the local APDA and the wonderful people we have met here in Green Valley—this is the greatest place for us to be."

The Peltons are very satisfied and thankful for what life has provided thus far and are leaning forward and looking to the next phase.

## Tricks, Ideas, and Practical Solutions

Our first tip this month comes from Jim Ragsdale, who encourages us to drink lots of water. Persons with Parkinson's disease often have low blood pressure and drinking water can help. Jim says that a simple test to check if you are dehydrated is to pinch the back of your hand and lift it up. When you release the skin, it should go back down in a reasonable amount of time. If not, you may be dehydrated. Another indication of dehydration is yellow urine.

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*Below is Wayne William's account of a practical solution that works in his house.*

Barbara and I have adopted a modified "Minimalist Lifestyle". This is not just an abstraction. It is a specific, do with less, uncluttered, simpler way of living. I wish we had adopted this lifestyle many years ago.

To start with, we put down laminated wood flooring throughout the house. There are absolutely no scatter rugs anywhere. Only the essential furniture can be found in our house. Counter tops are clear. There is easy access to all of the rooms. You can move about the house without climbing over or going around furniture.

We have a place for everything and everything in its place. Clutter is prohibited. We think an uncluttered house leads to an uncluttered mind.

Instead of the television blaring all day long, we have easy listening music in the background. We have discovered the "Escape" channel on Dish network. It provides us with mostly great instrumental music with some vocal. We think the easy listening music calms the mind and spirit.

Normally, in the Minimalist world there is very little on the walls. Perhaps, a few pieces of art but nothing more than that. This is where we break with the Minimalist tradition. We have lots of things on our walls. It reminds us of who we are, what we have done and whom we have known. There is very little on the floor. Floor space is considered sacred and there needs to be a reason to use any of it.

All of this, of course, is designed to help us deal with Barbara's cognitive impairment and movement disorder. I think it has been successful. We have reduced our possessions to only those things that are either cherished or necessary. I am not quite finished with this effort. Our garage is full of "stuff" that we never or seldom use. That has to be my next project. Getting rid of the things that I have been saving because "surely I will have a use for that someday", will become my daily focus.

If you are curious about this, look up Minimalist on the Internet. It is my opinion that this lifestyle could benefit all households that are dealing with Parkinson's disease.

## PD in the News

Dementia often occurs as Parkinson's disease progresses. However, dementia and PD do not share the same biochemistry. Until now, researchers did not understand the connection.

The *Journal of Neurological Science* reports that insulin resistance may actually be the cause of the dementia. The brain needs glucose to function properly. Research shows that 62% of people with PD who have dementia also have insulin resistance. The percentage increases for those who have had the disease longer. The study seems to show that dementia in PD is not the direct result of the disease but caused by the inability to make use of glucose.

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A new study found that over a third of people with Parkinson's disease have neuropathy. The most common cause is Vitamin B12 deficiency. Long-term use of L-dopa may make the problem even more likely. Many people with Vitamin B12 deficiency are not aware of it.

### 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

## Resources

Do you like to keep up with the latest news concerning Parkinson's disease? Would you like to be an advocate for better treatments and a cure? If your answer is yes to either question, you will be interested in the Parkinson's Action Network (PAN).

PAN represents the Parkinson's community in Washington, DC. It has formed a national grassroots advocacy program. It works to make the public and lawmakers aware of Parkinson's disease and the need for better treatments and a cure.

For more information, call (800) 850-4726 or visit [www.parkinsonsaction.org](http://www.parkinsonsaction.org).

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PARKINSON'S SUPPORT GROUP OF GREEN VALLEY/SAHUARITA  
UPCOMING EVENTS



**Fri., March 2** Lecture Series, 1-2:30 at East Center

Cynthia Holmes and Anne Wilkenson present

*Finding Joy in Hobbies--Despite PD!*

**Sat., March 10** *Power over Parkinson's Conference*

*9:00 to 12:30 at Duvall Auditorium, University Medical Center*

LOOK INSIDE for more details.