



Parkinson's Post

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

May, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4 Women with PD	5	6 Spring Potluck 12:15 East Center exercise	7	
8	exercise	9	exercise	10	11	12	
13	exercise	14	exercise	15	16	17	
18	exercise	19	exercise	20	21	22	
23	exercise	24	exercise	25	26	27	
28	exercise	29	exercise	30	31	<p><i>There are good days and there are bad days, and this is one of them. ~Lawrence Welk</i></p>	
31	exercise						

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

Message from the Board

Kudos to all who helped to make our Activity Day a huge success! An event such as this does not happen over night. Gary Morris got things going in 2006 with the El Tour de Green Valley. That year thirteen people met and raised over a hundred dollars. Each year the event has grown with added activities and raising more money for Parkinson's research. Thank you, Gary, for the inspiration!



Pres. Lou Butler

Planning this year's event started months ago and involved many people. Ken Herzing chaired the Activity Day Committee. Not only did he keep the group organized, but he recorded the steps along the way providing next year's committee with a guide. Carroll Morris prodded the group to think big. As always, Cynthia Holmes used her connections to help make the big ideas become reality. Thank you, Ken, Carroll, and Cynthia for your know-how, hard work and long hours.

It took many hands to complete the tasks that needed to be done. Many members of our support group volunteered (or were persuaded) to serve on committees. They met, made plans and carried them out. Yes, there were snags along the way, but they were a determined group. You saw some of these volunteers in action during Activity Day, but others worked behind the scenes. Carroll Morris commented, "There's no way to enumerate everything that was done by the board and the Activity Day committee. We'll give them a big round of applause at our May luncheon!" Thank you, volunteers!

More and more, Activity Day becomes a community event. A grant from the White Elephant allows us to do fundraising for research rather than to pay for our own operating costs. For the past three years, the Presbyterian Church has provided us with space for the event. KGVY 1080 donated thirty 30-second radio spots. Our corporate sponsors (Accent Care, Canyon Valley Memory Care, Teva Neuroscience, Life Vibes, AristoCare, and Prestige Living) paid advertising expenses and more. The local merchants, artists, and artisans donated amazing items for our silent auction. Frankie Kacsur offered free chair massages. Thank you, sponsors for letting us think big and donors for making our silent auction the best yet!

Continued on pg. 3

UPCOMING EVENTS:

Spring Potluck

Friday, May 6, 12:15 at East Center

Don't miss this annual event. If you do, we'll miss you. This is an opportunity to stay socially connected, as our motto urges us to do. Arrive between 12:00 and 12:15 with a dish to pass. Serving will start at 12:30. Entertainment will be provided by Fletcherorgan Studios. Come and enjoy!

Summer Socials

First Fridays in June, July, and August, 11:30-1:30

As in past years during the summer months, our Educational Meetings are replaced by socials held at members' homes. Tief and Donna Tiefenthal will host our first summer social on June 3. We still need hosts for the July and August socials.

Memory Enhancement and Communication Skills

Third Tuesday of every month, 9:30-10:45

La Posada Out Patient Therapy Building

These free classes will continue through the summer. We thank La Posada and speech therapists Lia Lavalley and Laurel Harris for providing this opportunity for us.

Exercise Classes

**Mondays, Wednesdays, and Fridays, 9:00
Presbyterian Church**

No summer break for our bodies! It only takes two weeks off to lose all that was gained by exercising so stay physically active this summer by attending these free classes taught by Mia Cooper. (Read about Mia's exciting news on pg. 7.)

Support Group Meetings Friends in Deed

Summer is the perfect time for you to come to these meetings if you are new to our group or if it has been a while since you have attended. The men, women, and caregivers meet separately to share experiences, exchange information, and support one another. Check the calendar for dates and times.

Message from the Board, continued

All of the planning and work would have gone to waste if no one had come to the event. 125 people attended this year. Our biggest thank you goes to those in our support group and in our community who participated in this year's activities. (Be sure to read Marcia and Joe Wiener's article on pg. 6 concerning our community.) Thanks to you, we raised over \$7,900 for Parkinson's research. Now that's something to cheer about!



Throughout the morning, Joey Lessa did live interviews for KGVY.



The day started out with a bang--40 or more people participated in chair exercises led by Mia Cooper. What could have felt better after exercising than a free chair massage from Frankie Kacsur?



Physically Active



After our workout, we didn't lose a beat moving into the next activity--drumming. Chris Dezso brought an amazing array of drums and other percussion items. According to Shirley Girod, who was at the welcome desk, some people who heard the drumming during one of the radio interviews came to the event just to see what we were up to!





Socially Connected

Wally Liebengut and his wife Karen, from the Lion's Club, called the bingo games. You might have heard Wally break into song at one point!



Did you try the vibrating machine made available by Life Vibes? You may recall hearing about the possible health benefits of using this machine at one of our educational meetings this spring.

Mentally Stimulated



Games, jigsaw puzzles, Sudoku, and brain teasers were available throughout the morning. The wooden block puzzle was especially challenging...and addictive. "I was doing fine until Hank Huber explained that the pieces had to be slid rather than picked up and moved," Charlene Ostlund confessed.





The silent auction grows each year. Tables had to be added to hold the 118 quality items. Carroll Morris was relentless reminding everyone to bid. Her efforts paid off.



"From it's beginnings in 2006, our fundraising effort has developed into a major event, something we can all be proud of," Carroll said. "Not only does it raise money for research, it raises community awareness."



By noon, everyone had worked up an appetite. We can thank Ken Herzing for arranging the tasty, nutritious lunches and Deborah Rose of Teva Neuroscience for providing cookies for dessert.



Sharon Kha, president of the Arizona Chapter of APDA, best summed up the spirit of Activity Day 2011 in the chorus of her rap:

*Biff 'em, bop 'em, Rock 'em, sock 'em,
Give PD a mighty whack!
From Sahuarita and Green Valley
We give Parkinson's the SAC!*



Our Community

By Marcia and Joe Wiener

People ask “Where do you live?” Green Valley. “What is Green Valley?” A community of culture, golf courses, classes, lectures, recreation, pools, great people, etc.

We also have a special community within Green Valley/Sahuarita. It’s the Parkinson’s Support Group. This gem is where Joe and I have found a community that provides education, support, and care for fighting a unique disease.

We attend monthly meetings with guest speakers presenting lectures on medical and research issues and other topics related to our special needs. We go with members of our group to yearly conferences to hear national speakers. We participate in free exercise classes three times a week, attend monthly support group meetings for the women and men with PD and their care partners, and enjoy social

events—all opportunities to learn and share that you rarely find in other places.

Within this special community of the Parkinson’s Support Group, there are opportunities for us to use past skills in the areas of promotion, organization, and planning as with our annual Activity Day where members and our greater community help to raise funds to find a cure for Parkinson’s disease.

The community of Green Valley supports our group thru White Elephant grants. Another example of community support is La Posada, which now offers free memory and communication skill classes once a month for our members with PD and their care partners.

This is a gem of a community--unique in the quality and quantity of programs for our growing population.

I've often thought that the process of aging could be slowed down if it had to go through Congress.

--George W. Bush

Tricks, Ideas, and Practical Solutions

By Charlene Ostlund

Last month’s article listed TIPS to use when planning a trip. As promised, this month I am passing on ideas for the day of travel and others for the days you are visiting or touring. Many of these TIPS are common sense and you probably already do them. Perhaps, you’ll find one or two that you hadn’t thought of.

- Wear comfortable, loose-fitting clothing and good walking shoes.
- Arrive at the airport early so that you are not rushed.
- The caregiver should take only one carry-on bag--a rolling one with only necessities so it won’t be too heavy.
- The Parkinson’s person might use a “fanny” pack so that both hands are free.
- Carry all medications with you.
- Try to keep to the regular medication schedule. A watch with an alarm or an alarm pillbox may help.
- If you cross time zones adjust the time you take your medications accordingly unless your doctor tells you otherwise.

- Carry an empty water bottle that you can fill after going through security or a collapsible cup for taking medications.
- Carry some snacks.
- Locate the family or handicapped restrooms when you arrive at the terminal.
- If the Parkinson’s person or caregiver goes into the restroom alone, the other should wait outside the door so you won’t get separated.
- Ask for early seating for a few extra minutes to board and get comfortable.
- When visiting or touring, avoid planning too many activities in one day.
- Allow time for dressing, eating, and walking in unfamiliar places.

If these TIPS make you think of others that you would like to share, if you know of a problem any of these ideas might create, or if you want to suggest topics for future columns, please send your comments to costlund@cox.net or call me at 520-777-4847.

Getting to Know You...

If you are thinking that this is not a typical interview for this column, you are right. As most of you know, Mia Cooper leads our exercise classes. She and her husband, Kelly, have exciting news to share. They are purchasing Ladies Workout Express located in the Safeway shopping mall on Duval Mine Road. Don't panic! Mia will continue teaching her current classes while Kelly manages the exercise center. The building has two rooms. The machines for circuit training are in one room and the other room is used for classes. The classes include Rumba, chair exercises, Pilates, yoga, one for people with arthritis, and others. Good luck, Mia and Kelly, with your new venture!



PD in the News

The latest research shows that Parkinson's patients improved their walking more by using a treadmill at a comfortable speed for a longer period than using a higher speed for a shorter time. Read more at ScienceDaily.com.

In other news, doctors at the University of California, San Francisco, have been using a new procedure for DBS. This method cuts the surgery time in half and can be done with the patient asleep. More medical centers are expected to start using this new procedure. Read more at medicalnewstoday.com.

Parkinson Support Group Contacts

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PARKINSON SUPPORT GROUP
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PARKINSONS SUPPORT GROUP OF GREEN VALLEY/SAHUARITA
UPCOMING EVENTS



Friday, May 6 Potluck, 12:15 East Center

Tuesday, May 17 Memory Enhancement and Communication

LOOK INSIDE for more details.