






Parkinson's Post

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

November, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Aqua Therapy Class 12:00	2 Women with PD <i>exercise</i>	3 Aqua Therapy Class 12:00	4 Lecture Series 1:00 East Center <i>exercise</i>	5
6	7 <i>exercise</i>	8 Aqua Therapy Class 12:00 	9 <i>exercise</i>	10 Aqua Therapy Class 12:00	11  <i>exercise</i>	12
13	14 <i>exercise</i>	15 Memory/ Communication Skills Class/9:30 Aqua Therapy 12:00	16 Women with PD Men with PD Caregivers <i>exercise</i>	17 Aqua Therapy Class 12:00	18 Board Meeting <i>exercise</i>	19
20	21 Aqua Therapy Class 12:00 <i>exercise</i>	22	23 Aqua Therapy Class 12:00 <i>exercise</i>	24 	25	26
27	28 <i>exercise</i>	29	30 <i>exercise</i>	<p><i>An optimist is a person who starts a new diet on Thanksgiving Day. ~Irv Kupcinet</i></p>		

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.

President's Message

Those of you who were at our October lecture heard my announcement that our board has two new members. Wayne Williams, husband of Barbara, has agreed to act as our 1st vice president, replacing Gary. And Richard Cunningham, a volunteer from the community, will be taking over as treasurer for our group next August. Between now and then, Shirley Girod, our current treasurer, will be showing him the ropes.

Bonna, Richard's very talented wife, is the one who created the great poster advertising our booth at the Country Fair. We'll be able to use it at other occasions, as well. Our thanks to Bonna!

Also, thanks to Doris Schneider, who replaced Polly Gosse at the coffee station during our Friday lectures.

We're still looking for a secretary to take minutes at our board meeting and e-mail them to board members. We meet once or twice a month, depending on the need.

We also need a librarian. The librarian will get the box of books from the storage compartment on Abrego, display them on a table at our Lecture Series, and check them out to interested members. That person needs to be able to lift a heavy box—or have a strong spouse!

I'll be sitting by my phone with bated breath waiting to hear from you. Please call before I turn blue!

Stephen Ministers

While the Stephen Minister who spoke at our October lecture was from Our Lady of the Valley Catholic Church, there are other churches in the area with this free service. Some churches offer the program only to their members; others offer it to anyone who asks. Below is a list of these churches and their contacts.

Green Valley Community Church: Jerry Schult (399-3205) or Marilyn Neal (625-6693)

Lutheran Church of the Risen Savior: 625-2612

Our Lady of the Valley Catholic Church: Don Warhol (648-0716)

Valley Presbyterian Church: Barb Mengebier, Phil and Connie Conklin, and Marti Lang. Call the church at 625-5023 and ask about the Stephen Minister program.
Church of the Good Shepherd United Church of Christ: Program is still being developed.



Carroll Morris

UPCOMING EVENTS:

Lecture: Medications--Beyond My Parkinson's

Friday, November 4

1:00 at East Center (7 South Abrego Drive)

Our speaker this month is Debra Dielman RPh, a clinical pharmacist specializing in geriatric pharmaceutical care with a special interest in the psychiatric and neurologic disorders of aging. The presentation will focus on non-Parkinson's medications frequently used for Parkinson's patients.

Support Group Meetings

Friends in Deed (301 W. Camino Casa Verde)

Wednesday, Nov. 2: Women's Group

Wed., Nov. 16: Women's, Men's, and Caregivers' Groups
1:00-2:30

Memory Enhancement and Communication Skills Class

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

November 15, 9:30 - 10:45

If you are returning to our area after spending the summer elsewhere, you don't want to miss this opportunity. La Posada speech therapists Lia Lavalley and Laurell Harris lead a program for our group that includes demonstrations of techniques and skills to help individuals communicate and recall life experiences. If you have questions about this free class, contact Marcia at 232-3599 or Donna at 399-1188.

Free Classes on Nutrition with Krystal Greene

Tucson

1st Saturday of each month, 1:15 to 2:15

Lecture 4: November 5--Eating Clean: What's in Your Pantry? (Similar to our Sept. lecture)

For more information and directions call 591-5346.

Aqua Therapy Class

Note that classes on Thanksgiving week are moved to Monday and Wednesday.

It's a Matter of Balance

Did you know that Pima Council on Aging offers a class in Green Valley for older people who are afraid of falling? Participants learn ways to stay active and yet avoid falls. Hazards in the home are discussed. The coaches teach exercises specifically chosen to prevent falls. You could do these exercises on days when Mia's class is not held. The class has a \$15 fee that covers the book. Classes fill quickly so sign up now for the January class by calling Pima Council on Aging at 790-7262.

Caregivers' Corner

By Patricia S. Mote MN, Rn and John Ostlund

Keeping in Touch

It is a given that no one is “from” Green Valley. Most of us are far away from siblings, children and grandchildren. Sometimes the business of caregiving can make us lose track of time and staying in frequent touch with loved ones. One way to stay up close and personal is through video phone conversations. It is really quite simple. All you need is a Quick Cam or similar computer camera which can be purchased from any computer supply store including Walmart. Most are priced under \$100. They are simple to use (I can do it!) and Skype offers free service. Below is a guide for using the service.

Getting started:

- 1 Download Skype from its official website.
<http://www.skype.com/intl/en-us/get-skype/>
- 2 If you have a PC, click *Get Skype for Windows*. For Mac computers, click on *Get Skype* in the row of buttons at the top of the page. In the window that appears, click on *Mac*.
- 3 Fill out the online form and make up a Skype name that you want to use for yourself.
- 4 Create/Save contacts. You can do this by searching for Skype users under the Tools menu. Add the contact by

clicking *Add Skype Contact*. If a person you want to contact does not have a Skype account, pass on these directions to them so that they can receive your calls. Even if someone doesn't have an account, you can add their phone number to the contact name and call their telephone for a small fee.

To make video calls:

- 1 Open the program by clicking on the icon.
- 2 Check your contact list to see who is online.
- 3 Click on the name of the person you want to call.
- 4 Click on *Call* in the menu bar.
- 5 Scroll down to *Call* and click.
- 6 To end a call, click on *End call*.

To make audio calls:

- 1 Open the *Call Phones* tab.
- 2 Enter the telephone number from your contacts list, and click the person's name.
- 3 Hit the green button.

Encourage your family and friends to sign up with Skype for FREE so that you can talk to them without cost. It doesn't matter if they live in Phoenix, Wisconsin, or Germany.

Tricks, Ideas, and Practical Solutions

By Charlene Ostlund

This month's tips come from Bud Moore.

His first tip is a follow-up from our September lecture on nutrition. Our speaker recommended shopping for groceries at 17th Street Farmers Market or Trader Joes. Bud can add to the list of organic grocers. He recommends Sprouts Organic Grocery on Oracle north of Ina. If you're hungry for fresh fish, he suggests Rincon Market, which *Arizona Highways* recently highlighted. It's located on Tucson Blvd. and 5th Ave. Bud also knows two meat markets that do not use any chemicals: Dickman's Meat & Deli on Broadway and The Sausage Shop on Prince Rd.

If you don't want to work too hard in the kitchen, you might check out ROMA Imports located on S. Vine Ave. There you can buy Italian and Greek foods that are

prepared without chemicals to take home and cook. The *Arizona Star* recently highlighted them.

Bud also recommends his physical therapist, Elka Wlodarczyk. After three years of pain in his right leg and visiting other physical therapists, his doctor finally recommended Elka. Bud says that after his second visit he was pain free and has remained so for almost two years.

Bud has one more tip to share. He points out that E-bay has spring loaded canes and hiking sticks that are reasonably priced: two canes for \$20 and two hiking sticks for \$25.

Bud assures me that he is not a salesman for any of these businesses, therapist, or products and does not receive a commission for making these recommendations. If you want to know more, he says you may call him at 399-3935.

Thank you, Bud, for sharing these tips.

Getting to Know You...



As Carroll mentioned in her message on pg. 2, Wayne Williams recently agreed to serve as our 1st vice-president.

He and his wife, Barbara, grew up in Wisconsin. During their forty-four years of marriage, they moved over twenty times. They lived in Albuquerque, Tucson, Scottsdale, Knoxville, and Oconto Falls, Wisconsin. They have lived in Green Valley for five years and say that they're ready to settle down.

Barbara retired in 2005 after working forty-one years in family practice as a registered nurse. Wayne was a public school teacher for seven years and worked in marketing and sales for thirty-nine years. He recently retired to spend more time with his wife.

Both enjoyed hiking and cross country skiing. Today they walk as much as Barbara can tolerate.

Barbara likes HGTV. She especially enjoys watching Cesar Millan, known as The Dog Whisperer. Wayne says she uses what she learns to rehabilitate their dog and to train him. Ladies, you may want to talk to Barbara to learn her tricks!

Wayne is interested in politics, sports, music, and the stock market. Not surprisingly, coming from Wisconsin, he is a Packers' fan. He's now learning to play the guitar and the clarinet.

The Williams lived near the Smoky Mountains for three years and became interested in Appalachian music and folklore. Today they continue to travel and visit B & B's.

They have two children, Alan in Tucson and Paul in Oklahoma City. Their three grandchildren live in Tucson. At home, they have a dog, Benny, and a cat, Miss Kitty.

The next time you see Wayne and Barbara at exercise class, be sure to say hello and thank Wayne for accepting the position of vice-president.

Recipe

Vegetable and fruit purees can often be added to entrees and desserts without being detected. To make the yellow squash puree used in this recipe, scrub it, cut off the ends, cut it into 1-inch slices, and steam it for five minutes. Then use a food processor to turn it into puree.

While this recipe has some nutritious ingredients, remember that in her September lecture Krystal Green said that brown sugar is no healthier than white sugar. As a matter of fact, it is white sugar with molasses added.

Blueberry Lemon Muffins

½ c. firmly packed brown sugar
4 T. tub margarine
1 c. lowfat lemon yogurt
1 c. blueberries (fresh or dried)
½ c. yellow squash puree
1 egg
2 t. lemon extract
1 t. grated lemon zest
2 c. flour
¼ c. flaxseed meal
1 t. baking powder
1 t. baking soda
½ t. salt

Preheat oven to 350°.

Coat a 12-cup muffin pan or 24-cup mini-muffin pan with cooking spray.

Beat sugar and margarine with a wooden spoon.

Stir in yogurt, blueberries, yellow squash puree, egg, lemon extract, and lemon zest.

Add flour, flaxseed meal, baking powder, baking soda, and salt.

Stir just to combine, but do not overmix—the batter is supposed to be lumpy.

Divide the batter among the muffin cups.

Bake until the tops of the muffins are lightly browned and a toothpick comes out clean, 13-16 minutes (perhaps less for the mini-muffins).

Turn muffins out onto a rack to cool.

Store in an airtight container at room temperature for up to 2 days or wrap individually and freeze up to 1 month.

PD in the News

Do you take Azilect (Rasagiline)? Your neurologist may have told you that it might slow the progression of PD. The FDA now says that their study of Azilect does not support this claim. Read the report at www.fda.gov. Talk to your doctor before you stop taking the drug.

A small study led by the University of California – San Francisco School of Nursing and Red Hill Studios showed that playing computer-based physical therapy games can improve walking speed, balance, and stride length in people with Parkinson’s disease. The games are similar to Wii and Xbox (Kinect) but are designed to encourage people to use physical movements and gestures that are scientifically tested to help people with PD.

Deep brain stimulation may soon be improved. Currently, adjustments must be made to the frequency and intensity of stimulation following the procedure to implant the device. Adjustments typically are made every 3 to 12 months. The new DBS model makes adjustments as needed instead of waiting months for a visit to a clinic alleviating PD motor symptoms more efficiently than standard DBS.

Parkinson Support Group Contacts

Carroll Morris - President	777-7583
Wayne Williams - 1st Vice-Pres.	207-2475
Ken Herzing - 2nd Vice-President	399-2630
Linda Stein - Secretary	399-2444
Shirley Girod - Treasurer	399-0913
Rich Cunningham - Treasurer elect	
Cynthia Holmes - APDA	626-5055
Charlene Ostlund - Newsletter	777-4847
Support Group	parkinsonsgrp@aol.com
Our web site	gvspd.org
APDA Office	326-5400

Resources

Do you have a question about Parkinson's disease? The Parkinson's Disease Foundation probably has the answer. PDF offers a free service called Parkinson's Information Service. Call the toll-free helpline at (800) 457-6676 from 9 AM – 5 PM ET and ask the specialist. If they don't know the answer to your question, they do know who to ask. If you prefer, you may send your questions by email. The address is info@pdf.org. A third option is to check their website, www.pdf.org. On the homepage, click on *Contact our HelpLine for Answers*. On the left side of the next page, click on *National HelpLine* and then *Frequently Asked Questions*. Remember that the only silly questions are those not asked.

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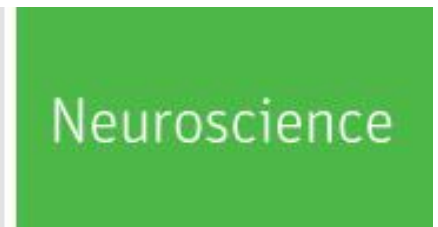


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