





# 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)

## October, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>The best cure for insomnia            is to get a lot of sleep.            - W. C. Fields.</i></p>						1
2	3 <i>exercise</i>	4 Aqua Therapy Class 12:00	5 Women with PD <i>exercise</i>	6 Aqua Therapy Class 12:00	7 Lecture Series 1:00 East Center <i>exercise</i>	8
9	10  <i>exercise</i>	11 Aqua Therapy Class 12:00	12 <i>exercise</i>	13 Aqua Therapy Class 12:00	14 <i>exercise</i>	15
16	17 <i>exercise</i>	18 Memory/ Communication Skills Class/9:30 Aqua Therapy Class 12:00	19 Women with PD Men with PD Caregivers <i>exercise</i>	20 Aqua Therapy Class 12:00	21 Board Meeting <i>exercise</i>	22
23	24 <i>exercise</i>	25 Aqua Therapy Class 12:00	26 <i>exercise</i>	27 Aqua Therapy Class 12:00	28 White Elephant Country Fair	29 White Elephant Country Fair
30	31  <i>exercise</i>				<i>exercise</i>	

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

We started our lecture series on a real high this month with an attendance of over sixty! Everyone who came was very impressed by our speaker, Krystal Green, and the tasting buffet exceeded our expectations. I'd love hearing from you if you made any changes in what you eat as the result of this meeting.



**Carroll Morris**

As most of you know, we are very lucky to have been receiving funding from the White Elephant for many years. Thanks to our treasurer, Shirley Girod, we turned this year's grant application on time. We are very proud of the use we made of last year's grant money, and are hopeful that we will again be recipients this December.

Which brings me to the White Elephant Country Fair (Thursday, the 27th through Saturday, the 29th). We will be manning a booth, which is one way to make our presence in the community known. Booth sitters will be needed, in 2-hour shifts, on each of those days. This year, we'll be handing out free stress-test cards, which hopefully will generate more interaction with fair-goers.

Payton Davis of Oro Valley visited our caregiver's meeting at Friends in Deed to see how we run things. It's gratifying to know that our organization is a model of how the Parkinson's community can be served.

Carroll

## Bonus for Mia



Although exercise isn't easy, it's more bearable with a cheerful leader. Mia Cooper is just that. The size of our exercise class is a testament to her popularity. Those who attend the classes appreciate her spirit and energy.

To show our appreciation, our support group treasurer, Shirley Girod, recently presented Mia with a bonus. However, nothing is more gratifying than a personal thank you, so please thank Mia the next time you attend class.

## UPCOMING EVENTS:

### Lecture: Coping with Cognitive Changes in Parkinson's Disease

Friday, October 7

12:15 at East Center (7 South Abrego Drive)

Our speaker this month is Lynn Oelke, MA. She is a doctoral candidate in neuropsychology whose dissertation examines memory changes in Parkinson's disease. (Note: If you read the notice in the GVR Current, you will notice that there has been a change in topic.) Learn tips for maintaining brain health and memory techniques. Lynn will share recommendations for family members and tell us about future directions in research.

### Support Group Meetings

Friends in Deed (301 W. Camino Casa Verde)

Wednesday, Oct. 5: Women's Group

Wed., Oct. 19: Men's, Women's, and Caregivers' Groups  
1:00-2:30

### Memory Enhancement and Communication Skills Class

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

Oct 18, 9:30 - 10:45

People with Parkinson's and caregivers are invited to this class--whether you are new, never attended in the past, or have been attending regularly. All are welcome. Small interaction groups develop ways and find clues to listen, talk and understand each other. If you have questions, 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 3: October 1--The Backpack and the Bucket

Addressing Toxicity--Yes! We all have it!

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

Lecture 5: December 3--Tasting Party--Eating Healthy and Fun  
For more information and directions call 591-5346.

### New Aqua Therapy Class

La Posada

begins October 4

To sign up or for information, call Belle or Vickie at 648-2200.

Cost is \$40 for members of APDA; \$80 for anyone else.

### White Elephant Country Fair

Oct. 27-29

## Caregivers' Corner

*As caregivers, we realize that there may come a time when we can no longer provide sufficient care without professional help. This month's guest writer is **Tammi Graham**, Branch Support Supervisor of AristoCare Home Health Services. To learn about care options offered by AristoCare, go to [www.aristocare.net](http://www.aristocare.net) or call (520)648-1401.*

### **Aging and Keeping Your Independence and Dignity in Your Home**

Common sense tells us all we are going to age and our health care needs will change. We all age at different rates and our physical and mental health conditions affect our future whether we like it or not. Some of us will require home health care, some of us even total care. There are so many levels of care that are available today, but finding the right one to satisfy our individual needs might be somewhat of a struggle. I am sure that at some time we will be asking ourselves; would I want to leave my home? Is it possible to stay in my home and receive the care I need? How is my spouse or significant other going to manage taking care of the both of us? What about my family, I am not sure having them care for my needs is what I had wanted for their future.

Traditional family structures have changed dramatically over the years. For seniors, this means less help from

family members who are busy working, or not as near to each other as they used to be. Today, more and more seniors are opting to live in their own homes where they can maintain their personal identity and connection with their pasts. Studies have shown that seniors thrive and recuperate more quickly in their own homes. At home you can remain independent while still enjoying the assistance by your loved ones, friends or professional care. In addition, you have security, peace of mind and are able to maintain independence and dignity in familiar settings. Home also tends to be where the elderly are healthiest and lead the highest quality of life.

When selecting a home health care service to provide or assist a family member with the activities of daily living, it is essential to choose a company that pays the caregiver's employment taxes, fully screens, fingerprints, bonds and insures its caregivers (i.e. AristoCare). Relieving the senior of the liabilities, burdens and risks associated with being the employer of their own in-home caregiver provides peace of mind to all family members. Additionally, hiring a company that provides in-home assessments by a qualified health care professional (preferably an RN) and establishes a well-documented care plan that is closely monitored by the health care professional is crucial for the client's continuum of care and ability to stay at home.

### **Tricks, Ideas, and Practical Solutions**

By Charlene Ostlund

No doubt, you are already using many of the following ideas for grooming. Think of the list as a treasure hunt—search for those new ones that might be worth trying.

- Because PD can cause extra sweating and oily secretions, your eyeglasses may slide down your nose. Try blotting the bridge of your nose with alcohol swabs to dry the skin. Use care not to touch your eye.
- Dropping a bar of soap is more than a nuisance. It can be dangerous. Try liquid soap, body wash or soap-on-a-rope. Another idea is to put the bar of soap inside a full length nylon stocking and attach the stocking to the faucet.
- Install grab bars.
- Bending can cause you to lose your balance. Attach a sponge to a long handle to reach the lower parts of your legs, feet and back.

- Washcloths can be dropped. Use a terry cloth wash mitt instead.
  - It's harder to keep your balance when your eyes are closed. If your shampoo stings your eyes forcing you to close them, try using baby shampoo. Short hair styles are easier to manage.
  - Use combs with large handles or make the handles larger and easy to grip by wrapping them.
  - Sit while you shave, style your hair, and brush your teeth.
  - Rigidity can make brushing teeth difficult. Use an electric toothbrush. Drink lots of water to help keep your mouth clean between brushings.
  - Cutting nails can be difficult for anyone. Do so after bathing when they're easier to cut.
- Perhaps this list has made you think of your own solutions to grooming with PD. If you have tips to share, send them to [supportgroup@cox.net](mailto:supportgroup@cox.net) or call me at 777-4847.

## Eating Right—It Does Make a Difference!

By Charlene Ostlund

Were you surprised by the extent of our tasting buffet at our September lecture? A big thank you goes to all who brought foods to sample. Our goal was to introduce a variety of foods that are healthier than most. I don't know about the rest of you, but I was reluctant to collect my leftovers when the meeting ended. After listening to our guest speaker, Krystal Green a PhD in nutrition, I realized my "healthy" dishes weren't so healthy after all.



If you weren't able to attend our first lecture of the 2010-2011 season on nutrition, Krystal advised that if your grandparents didn't eat it, you shouldn't. She also said that if you can't pronounce it, don't put it in your mouth. What should we eat? She recommended eating things that our body recognizes and knows how to digest: proteins, carbohydrates, fats, vitamins/minerals, enzymes, and water. Her message was eat simply.

It must work judging by Krystal's fit appearance and energy. I asked her how she became interested in nutrition. She hesitated searching for an answer and then admitted that she couldn't remember a time when nutrition wasn't a part of her life. Perhaps it is in her genes—her grandmother was a Cherokee medicine woman. Krystal grew up on a farm and was a farmer herself until around fifteen years ago.

I came away from the lecture wanting to know more. Here are some of the topics that Krystal touched upon that I have since researched: Do I really have to give up sugar, honey, maple syrup, agave nectar and all

artificial sweeteners? Is agave nectar really addictive? Should I get rid of my microwave? Are probiotics really that important? Why is soy a no-no, and what does Bill Gates have to do with it? What is stevia and why have I never heard of it before now? I've done my research, and I will share this much with you. Stevia is a sweet herb that is safe, natural, and much sweeter than sugar. Here's the clincher—it has no calories! You'll find it next to artificial sweeteners in the grocery store. Avoid white stevia powder and stevia liquid drops because they are highly processed. Go for the fresh, whole dried leaves, or whole leaf powder, but good luck finding them. Here's the bad news: one source said to avoid stevia if you have insulin issues, high blood pressure, high cholesterol, diabetes, or are overweight. Maybe the lecture sparked the same questions in you or perhaps different ones. I encourage you to do your own research. You might start with the book that Krystal recommended, *Super Charge with Super Foods* by Delia Quigley and B. E. Horton.

### Recipes

#### Sweet Potatoes with Orange Juice

- Peel 3 sweet potatoes and cover with water.
- Boil until soft.
- Cool and cut lengthwise.
- Slice each strip into bite-size pieces.
- Place in shallow baking dish and cover with orange juice.
- Serve hot or cold.

#### Oven-Baked Sweet Potato Fries from Joanna

- 1 1/2 lb. sweet potatoes, peeled and cut into 1/2 in. wide strips
- 1/4 c. olive oil
- 1/2 tsp. salt
- 1/2 tsp. dried Italian herb seasoning

- Preheat oven to 425 degrees.
- Line a baking sheet with aluminum foil coated with cooking spray.
- Spread the sweet potato strips on the baking sheet in a single layer.
- Coat with olive oil and sprinkle with salt and spices, turning over to evenly coat on all sides.
- Bake for about 30 minutes until lightly browned, turning every 10 minutes with spatula.

## Getting to Know You...

If you receive email from the Parkinson's Support Group or the Parkinson's Post Newsletter, you may have already met **Sue Cupell**. She has been an active member of our Educational Group and the Women with Parkinson's group for two years and has recently agreed to be our database manager. That means she keeps track of your contact information and sends out email notices and newsletters. Feel free to email her at [ParkinsonsGrp@aol.com](mailto:ParkinsonsGrp@aol.com).



Sue was born in Vermont but her family moved to Tucson in 1948 where she lived until she graduated with a Master's Degree in Business Education & Economics in 1965. She accepted her first teaching assignment in Yuma, AZ, and lived and worked there for 44 years. With retirement looming and a new Parkinson's diagnosis, she decided it was time to downsize and move closer to family. She has an older brother with Parkinson's, who lives in Tucson, and a son and family who live in Corona de Tucson. Another son and his family live in Phoenix.

Sue taught high school business classes for 6 years; the first year was memorable because she was instrumental in updating typing classes from big, clunky manuals to sleek IBM Selectrics with the whirling ball. Then she taught adult education classes for Arizona Western Jr. College for 15 years.

A bout with Meniere's Disease forced a brief retirement, but Sue was eager to get hands-on experience working with computers in the workplace. She spent 7 years as Office Manager/Girl Friday for an adolescent psychiatric treatment center. After working hard to achieve Joint Commission accreditation, the facility went bankrupt. She then became Administrative Assistant to the CEO of an adult behavioral health treatment center and again worked hard to become nationally accredited. They went bankrupt. Next, she was hired as Quality Management Coordinator and Credentialing Manager to ensure the professional staff was appropriately licensed and patient treatment met national standards. After growing from 36 to 340 employees, guess what? They went bankrupt. They reorganized and Sue worked as Administrative Assistant to the new CEO and Board Secretary until her Parkinson's symptoms made it impossible for her to continue her work at an acceptable pace.

Yuma's loss is Green Valley's gain. Sue says she is very happy here and enjoys water aerobics and yoga for seniors at her subdivision. She also helps maintain their library. In addition to being a news junkie, her interests include cats, computers, estate sales, sewing, and helping others with computer projects, e.g., memoirs, scanning, editing and design.

## Parkinson Support Group Contacts

Carroll Morris - 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
Charlene Ostlund - Newsletter	777-4847
APDA Office	326-5400

## Sponsors of Activity Day

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