

Living with Parkinson's Disease is a challenge.

We can help you meet it.

The Parkinson's Support Group of Green Valley/Sahuarita is a self-help group run by and for people whose lives have been touched by this disease.

Our group has been praised as one of the most active PD support groups in Southern Arizona. Look inside for a lineup of the free events and activities we offer.

Primary funding for our activities comes through a generous grant from the Country Fair-White Elephant, Inc. Our exercise class is subsidized by the Arizona Chapter of APDA. The Chapter also subsidizes in-home care, massage therapy and ResponseLink. Visit www.azapda.org for details.

If you or your spouse has been diagnosed with PD, don't try to go it alone. To get more information or to get on our mailing list, call me at 625-2190 or Gary Morris at 207-2475. You'll be impressed with the programs and the friendship we offer.



President
Bob Wilshek

Give Parkinson's the SAC!

Our motto is: Stay as strong as you can as long as you can. Every day, do an activity designed to keep yourself

Mentally **S**timulated
Physically **A**ctive
Socially **C**onnected



Recumbent bike riders at our annual Spring Fitness Day

Parkinson's Support Group

of Green Valley/Sahuarita



Join us for friendship, fun and support along the way

www.gvspd.org



College of Medicine

Our group is affiliated with the American Parkinson Disease Association. Our advisor is Cynthia Holmes, PhD, Coordinator of the APDA Information & Referral at The University of Arizona. Contact her at (520) 626-5055 or holmes@u.arizona.edu.

December holiday party featuring entertainment and a delicious buffet

Card game at a Summer Social

Exercise, our first line of defense against PD symptoms



Monthly Educational Meetings

From September to May, our monthly meetings feature speakers addressing important topics such as PD medications, nutrition, safety in the home and more.

On a lighter side, we play games and have sing-alongs and other activities to keep the brain active and engaged.

To fill members' social needs, we have a holiday party in December and a potluck in May, both of which feature entertainment.

Day/Time: 1st Friday of the month,
Sept. through May 1:00-2:30 pm

Place: East Social Center

Summer Socials

During the summer, our Educational Meetings are replaced by socials held at members' homes. Year-round residents find the socials an enjoyable way to stay in contact over the summer.

Support Group Meetings

We have three support groups that meet once a month at Friends in Deed. Men and women with Parkinson's have separate meetings, which provides an encouraging atmosphere where they can discuss their concerns and challenges.

At the same time and place, caregivers have a group of their own, where they can share experiences, exchange information and get support from other caregivers.

Day and Time: 3rd Wednesday of the month,
year-round from 1:00 to 2:30 pm

Place: Friends In Deed,
301 W Camino Casa Verde

Parkinson Post Newsletter

Our September-to-May newsletter features a calendar of current events, interesting information, and a special "Getting to Know You" section highlighting one of our members. An electronic version of the newsletter is available online at www.gvspd.org.

Free M-W-F Exercise Classes

This class is the cornerstone of our organization. Fitness expert Eileen Brandt leads participants in mild exercises designed to help Parkinsonians maintain strength and range of motion. Many are done in a sitting position, so all can participate.

Day/Time: M-W-F 9:00-9:45 am

Place: Valley Presbyterian Church
2800 S Camino del Sol

Events: Power Over Parkinson's Conference

Among other special events we participate in, the March Power Over Parkinson's Conference is the highlight. Transportation is provided so members can relax and enjoy the day.