



Parkinson's Post

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

September, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Don't let what you can't do stop you from what you can do - John Wooden</i>				1	2 Lecture Series 1:00 East Center <i>exercise</i>	3
4	5 <i>exercise</i>	6	7 Women with PD <i>exercise</i>	8	9 <i>exercise</i>	10
11	12 <i>exercise</i>	13	14 <i>exercise</i>	15	16 Board Meeting <i>exercise</i>	17
18	19 <i>exercise</i>	20 Memory Enhancement/ Communication Skills Class 9:30	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>	

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

Are you surprised to see my photo above the President's Message? Yes, I took on the job of president after Louis Butler finished his term in May. I've spent the summer working with Cynthia, Charlene Ostlund, and Sue Cupell on getting the program for 2011-2012 in place.



Carroll Morris

We've planned an exciting lineup of speakers for this year's Lecture Series. We're working on revising the website so it's easier to navigate. And, thanks to Char, there is a take-out page in this newsletter which has most of the important dates and information you'll need for the coming year. Put it where you can easily refer to it.

This support group exists for your benefit. Please let me or other board members know what your needs are. Give us feedback on current programs. Tell us what you'd like to see happen.

And when you get a phone call asking you to volunteer in some way, please say yes! Your involvement, even in a small way, is what makes our program work. And, as the saying goes, Many hands make work light. Together, we can make this our best year yet.

Carroll

UPCOMING EVENTS:

First Lecture of Series

Friday, September 2

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

This year's lecture series (formerly called educational meetings) begins with a talk on nutrition. Krystal Green, PhD in nutrition, will inspire us to eat well. Come and sample a buffet of foods loaded with nutritional value. Most are easy and quick to make. Let the ladies helping at the buffet table know which recipes you would like printed in future issues. If you would like to help with the buffet, call Carroll at 207-2475.

Look on pg. 3 for a schedule of more activities and events.

Caregivers' Corner

By Patricia S. Mote MN, RN

Marcia Weiner shared the following with the Caregivers' Support Group. She had written it a while back as a reminder of how to best manage her life as a caregiver. I thought it was so pertinent to all caregivers that I asked if I could share it in the newsletter.

Words to Live By

- ❖ With Parkinson's, one has to live life in the slow lane.
- ❖ Slow Down!
- ❖ Find the important things.
- ❖ Let go of what is not necessary.
- ❖ Make choices – and then accept them.
- ❖ Do one thing at a time.
- ❖ Remind yourself that you cannot do it all anymore.
- ❖ Be mindful, bring your full attention to something that is happening right now. Look, listen, touch.
- ❖ Concentrate and be joyful while doing it.
- ❖ Find balance in your life between your needs and your partner's needs.
- ❖ Say things once, pause and wait for the response.
- ❖ Be Patient.

Tricks, Ideas, and Practical Solutions

By Charlene Ostlund

I hope if you traveled this summer that you found the travel tips in the April issue helpful. Thank you, Joanna Davison for submitting many of those ideas. This month's tip about preventing falls in the shower comes from Donna Tiefenthal.

Our house has two bathrooms, both with slip proof shower floors. I, also, put the slip proof strips all over the master bathroom shower just to ensure we would not slip and fall in there. It did no good. Anytime we rinsed off soap, the floor became very slick and dangerous.

One day I got an idea and got out the socks that came home with us from the hospital. They have skid proofing on the soles and tops. Tief and I both put these on before stepping into the shower. It works like a miracle. You could run a race in the shower and not slip nor slide.

I wondered about getting the feet clean. You can either wash them before or after. But what we do is fill one of the small hospital wash pans with water and a little liquid soap. While he sits in his shower chair, he puts his feet in the soapy water, socks and all. They get clean that way.

Take the socks off last, after you are OUT of the shower and dried off. Hang them on the towel rack to dry for next time.

Thanks, Donna and Tief, for the idea! Next month I'd like to hear more ideas how to make grooming easier. Send your ideas to ParkinsonsGrp@aol.com or call me at 777-4847.

2011 - 2012

(Pull Out and Save)

Mission Statement:

The mission of the Parkinson's Support Group of Green Valley/Sahuarita is to offer information, encouragement, and friendship to people with Parkinson's and their caregivers. We strive to help members stay mentally stimulated, physically active, and socially connected while they deal with the effects of the disease. We also seek to raise community awareness of Parkinson's and contribute to research for a cure.

2011-2012 Events:

Lectures

East Social Center (7 South Abrego Drive)

1:00 - 2:30

Sept 2: Eating Right—It Does Make a Difference!
Krystal Green, PhD in nutrition/tasting buffet

Oct 7: Your Primary Care Physician and Your
Parkinson's Specialist—Who Does What?

Nov 4: Managing your Meds
Debora Diehl

Jan 6: Speak and Be Heard—Communication 101 for
Caregivers, Care Receivers, and Family

Feb 3: What's Next? Understanding the Stages of
Parkinson's Disease
Dr. Cynthia Reed

Mar 2: How Doing Something You Enjoy Can Keep
You Sharp

Apr 6: Living Alone—Strategies for Safety in the Home

Luncheons

Dec 9

May 4

Potluck socials at members' homes

Jun 1

Jul 6

Aug 3

Support Group Meetings

Friends in Deed (301 W. Camino Casa Verde)

1:00-2:30

Men and caregivers meet only on the second date listed
for each month. Women meet on both dates.

Sept 7, 21	Jan 4, 18	May 2, 16
Oct 5, 19	Feb 1, 15	Jun 6, 20
Nov 2, 16	Mar 7, 21	Jul 4?, 18
Dec 7, 21	Apr 4, 18	Aug 1, 15

Mia's Exercise Class

Presbyterian Church

9:00 - 9:45

Mondays, Wednesdays, Fridays

Exceptions: Sept 5, Nov 25, Dec 26, Jan 2, March 12, 14,
16, May 28, one week TBA in June, July 4

Memory Enhancement and Communication Skills Class

La Posada (700 S. La Posada Cir.)

9:30 - 10:45

Sept 20 Jan 17 May 15

Oct 18 Feb 21 June 19

Nov 15 Mar 20 July 17

Dec 20 Apr 17 Aug 21

Special events

White Elephant Country Fair: Oct. 28-29

Power Over Parkinson's: To be announced

Activity Day: April 18

AZAPDA:

Our group is affiliated with the Arizona Chapter of the American Parkinson's Disease Association. The AZAPDA provides programs, subsidizes our exercise classes, and offers respite care co-pay. Dues to belong to the AZAPDA are \$35 per year. To pay dues or to make a donation, mail a check, payable to AZ-APDA, and to APDA Arizona, PO Box 40067, Tucson, Arizona 85717. If you prefer to donate by credit card, call the chapter office at (520) 326-5400 or (800) 541-4961.

APDA Information & Resource Center:

The answers to all of your questions about Parkinson's and available resources is as close as your phone. Call Cynthia Holmes, PhD, Coordinator, at 520-626-5055 or 866-897-126 (toll free). If she doesn't know the answer to your question, she will search for it. This center is hosted by the University of Arizona Neurology.

Our Group Board Members:

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

Lecture Series:

Our monthly meetings are becoming more popular each year. For seven of these meetings (see dates on pg. 3), speakers will provide information that will help us to live well with Parkinson's. This year we are planning some fun warm-up activities. You won't want to miss these meetings.

Men's, Women's, and Caregivers' Support Group Meetings:

These groups meet in separate rooms at Friends in Deed on the third Wednesday of every month. The women's group also meets on the first Wednesday. If you haven't been to one of these meetings recently, give them another try.

Exercise Class:

An exercise class led by Mia Cooper is held for our group on Mondays, Wednesdays, and Fridays at 9:00 in the Presbyterian Church (2800 S. Camino Del Sol). Though the exercises address the needs of people with Parkinson's, caregivers are welcome. A DVD of the class is available.

Memory Enhancement and Communication**Skills class:**

La Posada speech therapists Lia Lavallee and Laurell Harris lead a program for our group that includes demonstrations of techniques and skills to help individuals communicate and recall life experiences. The class provides an opportunity to practice communication and memory techniques in a relaxed group setting. The classes are held on the 3rd Tuesday of each month from 9:30 to 10:45 at La Posada Out Patient Therapy Building, La Hacienda. Call 520-648-2200 for directions. If you have questions, call Marcia at 232-3599 or Donna at 399-1188. All are welcome.

Water aerobics class:

La Posada offers aquatic classes in the pool at La Hacienda (700 S. La Posada Cir.) Members of APDA may take the class at half price. The most recent class was \$40 for sixteen one-hour classes. For more information or dates for the next class, call Bell or Vickie at 648-2200.

Respite Care:

Caregivers may need from time to time to run errands, spend time with friends, get a massage, or spend time alone.

The Arizona Chapter of the American Parkinson's Disease Association pays half of the cost for care of a loved one with Parkinson's disease for four hours per week. To be eligible, you must pay the annual dues of \$35 per year to the Arizona Chapter of APDA. To apply, call 326-5400.

If you need more time than you get using the APDA respite care program, our group can help by paying half the cost of a professional caregiver. There is a cap of \$300 per year per family, but this amount may be increased in special circumstances. To take advantage of this program, call Shirley Girod, our treasurer, for details (399-0913).

Golf:

The Country Club of Green Valley (77 E. Paseo de Golf off of Abrego Drive) offers us use of their putting greens and driving range once a week and the chance to golf 9 holes once a month--all for only \$25 per month. What a great opportunity to stay physically active! If you are interested, contact Gary Morris at 207-2475. Note: This is for people with Parkinson's only. It doesn't include caregivers.

***Parkinson's Post* :**

This newsletter is published monthly from September to May. It will keep you informed about our meetings, programs, activities, and other events. Also, this year we intend to add articles by guest writers. We can save on printing cost and postage by sending the newsletter by e-mail. Follow the directions below to get on our e-mail list.

E-mail list:

We often send reminders about events, other information, and the *Parkinson's Post* by e-mail. You can send us your address by emailing us at supportgroup@cox.net.

Our web site: gvspd.org**Member Phone list:**

In an effort to promote social connections, we have made a list of those members who have given permission and their phone numbers. These lists were distributed last year. If you didn't receive one, call a board member or ask at our monthly meetings.

Importance of Name Tags

Did you ever wonder why we're so anxious to give you a name tag at the beginning of our monthly meetings—and collect it at the end? Those tags help us create an attendance list which is used in a variety of important ways. We submit it to GVR, as required in order to use the East Center space. We send another copy to the APDA office in Tucson so that they add those who are new to their list to receive the quarterly newsletter. Our treasurer uses the numbers in attendance when giving information to the White Elephant for our yearly grant. The temporary nametags of new people are used by our membership chairperson to make permanent name tags. She also makes sure their names and addresses are put on the mailing list for our Parkinson's Post.

So... wear your name tag proudly during the meeting and give it up gladly at the end of the meeting!!

PD in the News

- A new study by researchers at Harvard Medical School discovered that a protein connected with Parkinson's disease has a different structure in healthy cells than previously thought. This new finding may lead to a blood test that can be used to diagnose the disease. Also, drug companies may be able to use this information to develop new treatments.
- Digital Holographic Microscopy can now be used to study neurons. The images are shown three-dimensional and in real-time with up to 50 times greater resolution. It can reduce 12 hours of lab work to 15 to 30 minutes greatly decreasing the time needed to study the effects of drugs by researchers. With digital holographic microscopy, researchers can study neurons without injecting dyes or using electroids.
- Another study reports that people with Parkinson's disease who see a neurologist are less likely to break a hip or be placed in a nursing home. Also, they are more likely to live longer.
- A study by Canadian researchers shows that deep brain stimulation helps control tremors and improves motor functions for people with Parkinson's disease for at least 10 years. DBS is not a cure. Though it treats some symptoms, the disease continues to progress over time.

Thank You

A big thank you goes to Lou Butler, our board president for the past year. Also, thanks to Carroll Morris, who has accepted the position for the coming year.

As you can tell from pages 3-4 of this newsletter that summarizes our many activities, our president needs support to keep our group going. We are fortunate to have many volunteers: board members, computer guru, Hospitality Committee, support group facilitators, outreach people, exercise coordinators, Activity Day committees, newsletter editor and writers, attendance manager, potluck hosts and hostesses, and those who step in whenever needed. Thank you to all of our volunteers!

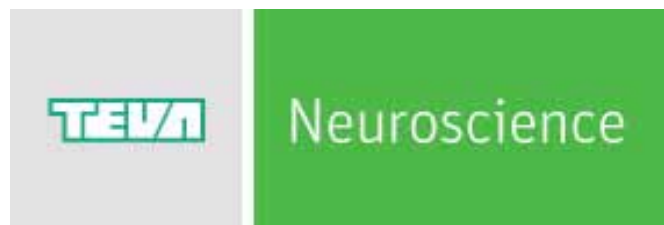
Because the majority of our volunteers are people dealing with a serious illness or caregivers handling a lot of stress, no one person should be burdened with too heavy of a load. The more volunteers—the fewer tasks per individual.

Consider joining our volunteer force. If you are willing to serve our group, send an e-mail to supportgroup@cox.net or call Carroll at 207-2475. We need you!



Lou Butler, 2010-2011 president, receiving Certificate of Appreciation presented by Gary Morris, 1st Vice-President.

Sponsor of 2012 Activity Day



PARKINSON SUPPORT GROUP
OF GREEN VALLEY~SAHUARITA
PO Box 714
Green Valley Az 85622

PARKINSONS SUPPORT GROUP OF GREEN VALLEY/SAHUARITA
UPCOMING EVENTS



Friday, September 2 Lecture, 1:00, East Center

Tuesday, September 20 Memory Enhancement and
Communication