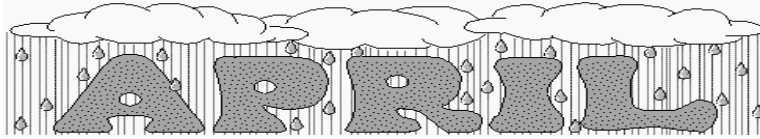
















# The Parkinson Post

PARKINSON SUPPORT GROUP  
OF GREEN VALLEY



P.O. BOX 714  
GREEN VALLEY, AZ. 85622  
2009

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 Exercise  Program 9AM	2	3 Educational Meeting 	4
5	6 Exercise  Program 9AM	7	8 Exercise  Program 9AM	9	10 Exercise  Program 9AM	11
12	13 Exercise  Program 9AM	14	15 Caregiver's Men's Forum Ladies with Parkinson's 	16	17 Board Meeting  Program 9AM	18
19	20 Exercise  Program 9AM	21	22 Activity Day/Fund Raiser  Program 9AM	23	24 Exercise  Program 9AM	25
26	27 Exercise  Program 9AM	28	29 Exercise  Program 9AM	30	31 Exercise  Program 9AM	

*Exercise Classes are held at the Presbyterian Church., Caregivers, Men's Forum, Ladies with Parkinson's, meet at Friends in Deed*

## President's Message

### Power over Parkinson's Conference

This March, forty-five members and guests of our group attended the Power over Parkinson's Conference at the Marriott Starr Pass in Tucson. This is a commendable turnout! The free bus service we were able to provide to and from the event made the trip easy for twenty-two of us.

The featured speaker was **Dave Iverson**, Frontline correspondent and Parkinson's patient, whose father and brother also have Parkinson's. **Dr. Lawrence Elmer** spoke on The Next Generation of Parkinson's Therapy and **Dr. Scott Sherman** on the research being conducted at the U of A.

Our **Carroll Morris** gave a talk with the unusual title, The Selfish Pig's Guide to Caregiving. (She says it's mean to be ironic—caregivers typically put others before their own needs.) **Gita Feldeman** left us laughing with her Laughing Yoga finale.

### Educational Meeting, Friday April 3rd

This is our last educational meeting of the year! Our main speaker is **Janet Hawley**, a instructor in the Department of Speech, Language and Hearing



Sciences at the U of A. Janet will discuss the Lee Silverman Voice Treatment and other approaches to treating speech and swallowing problems in Parkinson's.

**Belle Alvarez and Vicki Channel**, physical therapists at La Posada, will describe the benefits of Aquatic Therapy as related to Parkinson's. **Amanda Walton**, Massage Therapist, will tell us how massage can help people with PD cope with the disease.

### Activity Day/Fund Raiser, April 22, 9-12

Come for exercise class, stay for fun and games! We'll have Bingo, card games, Sudoku and more. Participation in exercise class or a walk/ride *of any length* will earn you a certificate! Box lunches will be available, and the proceeds will go to Parkinson's Research.

**Gary Morris**, who's in charge of the event, encourages all to attend and invite friends to join us. To **pre-register** (for box lunch count) call Gary at 207-2475.

### Caregiver's Corner

Here are some interesting facts from a Family Caregivers Alliance (FAC) report on Parkinson's caregivers. You might see yourself in them.

- The typical PD caregiver is a 64-year-old woman who has been caring for her husband for three years or more.
- On average, PD caregivers provide 96 hours of care per week, or 14 hours per day, to their care recipients.
- PD caregivers experience high levels of depression compared to other caregivers.
- PD caregivers report increased depression, arthritis, asthma, diabetes, heart trouble, and high blood pressure compared to other caregivers
- At assessment, PD caregivers expressed the need for respite (85%), emotional support (83%), and behavior management (32%).

What this means to me is that we caregivers are at risk if we don't care for ourselves! Call the Tucson APDA office (326-5400) and request a certificate for a **discount** on a massage!



### **Spinal cord device helped mice with Parkinson's.**

CHICAGO (Reuters) – A spinal cord stimulator helped rodents with Parkinson's disease move more easily, offering the hope of a less-invasive way of treating the disease in humans, U.S. researchers said on Thursday.

"We see an almost immediate and dramatic change in the animal's ability to function when the device stimulates the spinal cord," said Dr. Miguel Nicolelis of Duke University in North Carolina, whose study appears in the journal *Science*.

If it works in humans, Nicolelis said, the device could be used to treat the disease early on, reaching far more patients than current stimulators, which are implanted deep in the brain, and can benefit only about one third of Parkinson's patients.

It would be easier and safer to install a stimulator in the spinal cord than in the brain, Nicolelis said. Both types of devices use pulses of electricity to control the tremors and stiffness caused by Parkinson's, a disease that affects an estimated 1.5 million Americans.

Parkinson's progressively kills brain cells that produce dopamine, a message-carrying chemical associated with movement.

Dopamine replacement drugs can delay symptoms for a while but there is no good treatment and no cure.

"This technique is much easier, cheaper and can be done in conjunction with a much smaller dose of medication," Nicolelis said in a telephone interview. "It addresses Parkinson's disease in a very different way. In healthy people, neurons fire at different rates as information is sent between the brain and the body to initiate motion. Nicolelis said the problem in Parkinson's disease is that neurons become scrambled and begin firing all at once.

"You create this beating pattern that prevents the neurons from actually



producing the motor commands the animals or patients need to behave normally," he said. "What we did was find a way to disrupt that."

The new technique involves implanting two paper-thin metal probes into a small slit in the spine so they touch the outside of the spinal cord. Current is then passed over the area to deliver an electrical pulse, stimulating peripheral nerves that pass information between the brain and body. The researchers tested the device on mice and rats with a form of Parkinson's in combination with different doses of a dopamine replacement drug known as L-dopa.

When they tried the device without the drug, the animals were 26 times more active. When used with the drug, only two doses were needed to produce movement, compared with five doses when they used the medication alone.

L-dopa tends to lose its effect over time, but Nicolelis said the treatment may help patients stay on the medication longer. His team plans to begin testing the device in primates this year, and hopes to begin human trials in 2010.

### **Getting to Know Ken and Pat Herzing**

by Ken, edited by Linda Stein



Ken was born in St. Cloud, Minnesota where he later attended grade and high school. In 1956, he entered college and obtained his Physics degree in 1960. After college, Ken entered the US Air Force and was stationed at Holloman AFB, New Mexico. While in the USAF Ken worked in

the Central Inertial Test Facility testing missile guidance systems. He also participated in the training of the first two chimpanzees to fly into space. Many people have said that Ken's management style was honed by these "primate" experiences.

Ken met his wife Pat while in the Air Force in New Mexico. She was a secretary and tempted him almost daily with her delicious home made enchiladas. Ken and Pat still rate Mexican food as their favorite. Enchiladas have kept them together for 45 years. Upon Ken's discharge they moved to Huntsville, Alabama where Ken went to work for Brown Engineering. There he worked in support of NASA on the Saturn and Apollo (Moon) programs.

Ken, Pat and their two sons moved to Buffalo, Minnesota in 1968. Ken worked at Honeywell Inc. as a test engineer and laboratory manager. He subsequently moved to the Design Department where he worked on Automated Fire Control Systems for the US Army. Ken traveled much in the US and overseas in this assignment. He worked with the Department of Defense in many countries, including Indonesia, Egypt, and Israel.

While Ken was traveling, Pat was a hardworking "household engineer" with three lively children to raise. She became a teacher's aide which gave her the flexibility to be home when the children returned from school. She also became an expert at snow removal during the cold and long Minnesota winters.

In 1986 Ken, Pat and their daughter moved to San Diego, California where Ken managed an engineering support group. His work in San Diego mostly involved technical liaison between the US Navy and the manufacturing facilities at Honeywell in Minnesota.

In 1992 the Navy moved their operations from San Diego to the east coast. Ken took a position with Honeywell Space Systems

Operations in Glendale, AZ. He was a Program Manager for Honeywell on the design and building of the Computer Systems aboard the International Space Station. Ken retired from Honeywell in 1996.

Ken and Pat returned to San Diego to enjoy their retirement. Ken enrolled in a Furniture Design and Fabrication program at a local junior college. By that time 4 grandchildren were born to the sons and their wives in Minnesota. Ken and Pat decided to move back to Minnesota to be near the grandchildren with the proviso that no winters were to be spent there. After some searching, Ken and Pat found a nice quiet vacation home in Green Valley's Villa West where they are today. The advantage of Green Valley is its proximity to San Diego where their daughter lives; periodic trips to visit her are high on Ken and Pat's agenda. Other trips they can now take together are taking in all the sights around Green Valley and in southern Arizona.

Ken was diagnosed with Parkinson's disease in 2007. He is doing well with the medication that his neurologist prescribed. Most importantly he is having fun getting more exercise than he has ever had. "Joining the Green Valley Parkinson's Support Group has been a great experience and the people are very accommodating", Ken says. Ken usually exercised by walking and riding his bicycle; the aerobic exercise program that the support group provides adds an extra dimension to his exercise program.

Ken's interests include computers, woodworking, photography and "goofing off". When they are in Minnesota he focuses on woodworking using his garage shop. While in Green Valley Ken uses Computer Automated Design software to make plans for his workshop projects. Ken says, " I realize that the Parkinson's will get worse, but I feel blessed to be able to do the things I can still do. When I get old and feeble, then I'll worry about how to cope" he adds.

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BIRTHDAYS

- 4 11 Sally Herzog
- 4 15 Lillian Ernst
- 4 15 Marie Starley
- 4 16 Richard Groschupf
- 4 27 Ann Davis
- 4 28 Kay Kampe
- 4 28 Al Schalock



ANNIVERSARIES

- 4 4 1964 Carol & Lloyd Stanford
- 4 15 1950 Robert & Jeanne Wood
- 4 18 1994 Rudy & Breda May
- 4 27 1991 Ken & Brenda Bauer

[Thanks to Shirley Girod for her updates  
Editor]

Hooverround Electric Wheelchair  
with Full Leg extensions ( removable )  
Needs battery.  
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[From time to time we will insert *non-commercial*  
adds for Parkinson Related items...Ed]

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**DOTTI ETTER R.N.**  
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PARKINSON'S SUPPORT GROUP  
of Green Valley  
PO BOX 714  
Green Valley, AZ 85622



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Friday April 3<sup>rd</sup>,  
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Come to exercise at the Presbyterian  
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Read more about it inside.