

PARKINSON'S SUPPORT GROUP OF ASHEVILLE

"You are not alone"

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NEWSLETTER FEBRUARY 2024

THIS MONTH:

FEBRUARY MEETING

*1st Tuesday of the month

**Tuesday, February 6
10:00am**

Groce United Methodist Church

**Topic: Care Management, by
Lisa Laney**

See p. 2 for details



HEALTH TIP

AEROBIC EXERCISE AND PARKINSON'S

Multiple clinical trials have demonstrated that aerobic exercise in particular can enhance cognitive functioning, such as learning, thinking, remembering, and problem solving.

For all people, physical inactivity is a leading modifiable risk factor for cognitive decline, diminished mobility, and reduced quality of life. A 2022 study suggests that for people with PD, aerobic exercise, but not stretching, can impart measurable protections and improvements in disease progression, both physically and cognitively.

[Learn more about how your aerobic exercise can help your PD!](#)

BEERS AND CHEERS

(3rd Thursday of each month)



**Thursday, February 15
5:30pm**

Village Pub

**100 Fairview Rd.
(Biltmore Village area)**



February Meeting: Lisa Laney on Care Management

Lisa Laney (MSW, CMC) will be the speaker for our February 6th support group meeting. Lisa has served as a support person for the Asheville Parkinson's Support Group for close to 20 years. She is on the Program Committee and as of 2023 is serving on the group's board of directors.

She grew up in Boone, NC and obtained her undergraduate degree in social work and her MSW at UNC-CH with concentrations in Health and Aging.

Lisa's 35-year career includes working in nursing facility admissions, as a nursing facility social worker, as a home health social worker in most of the counties in WNC, as a hospital discharge planner, and as a palliative care social worker.

She is an active member of her national professional association, the [Aging Life Care Association](#), where she served as a director of the board for several years as well.

As a medical social worker, she worked at CarePartners for 25 years, including serving in leadership/director roles, until the Jan. 2014 Mission Hospital buyout closed numerous departments. At that time, she opened her care management private practice, [Mountain Area Premier Care Navigation](#) (MAPCN).

Her February talk will include **an overview of the practice of Care Management**, how to select a professional to work with, and various nuances specific to aging and navigation of our local (and chaotic) healthcare systems – **especially as it applies to people with Parkinson's disease and those who care for them.**

The **bulk of Lisa's allotted time will be devoted to Q&A.** To help with efficiency and allowing her to answer as many questions as possible, Lisa requests February meeting attendees **send questions ahead of time** to her email at lisa@premiercarenavigation.com.



PSG-AVL board member Lisa Laney will speak on aging and healthcare navigation for Parkinson's patients and their caregivers.

Members are encouraged to send in questions in advance, to allow Lisa to address as many questions as possible

Send to:

Lisa Laney, lisa@premiercarenavigation.com

**TUESDAY
FEB. 6**

The Asheville Parkinson's Support Group meets at Groce United Methodist Church at 954 Tunnel Road in east Asheville on the first Tuesday of each month at 10:00 a.m. for refreshments, socializing, and announcements.

The program begins at approximately 10:30 a.m. and runs for 30 minutes, with additional time for questions.

A Grateful Heart

by Susan Sarbey Yaskin

Over the years, I have developed a grateful heart along my journey – one can make the choice of becoming a survivor or giving up! I chose to become more than a survivor, and took my speed bumps in life as a reason to fight and carry on! I've always lived a full life and continue to this day, although with some modifications.

In my 30's, I was diagnosed with Type 2 diabetes and began medication and diet changes. In my 50's, I was diagnosed with heart disease, and survived successful quadruple bypass surgery. And now in my 70's, I've been diagnosed with Parkinson's disease. As I added up each new "medical adventure," I started to feel like I was living off of a medical checklist, wondering: "what's next?"

After my heart surgery in 2002, I joined a local WomenHeart of Miami Support Group, and it was just the kind of support needed. I have remained active with them over the years.

As for my Parkinson's disease, my first neurologist was not a good match, and I quickly changed doctors. Getting the right doctor is so very important! I never regretted leaving, as we must advocate for ourselves, and become educated along the way.

Since I know I get easily overwhelmed, I pace myself, even though pre-Parkinson's I had become accustomed to being way too busy, and am still in that habit of over-doing.



A recent quilt of Susan's, which she donated to Mission Hospital Heart Tower. The 80" X 80" quilt will be hung in a prominent spot in the main waiting room this month for American Heart Month. The pattern is called "Exploding Heart," but she hopes this one will be called "Grateful Heart!"

I am grateful that I discovered Dr. Patton and have his full support, cheerful attitude, and knowledgeable advice. I especially enjoy his colorful bow ties and eagerness to answer questions.

As my PD symptoms are gradually stepping up, I am experiencing some typical physical and emotional changes. I admit that I get easily overwhelmed. Knowing this in advance, I pace myself, even though pre-Parkinson's I had become accustomed to being way too busy, and am still in that habit of over-doing.

cont. next page

A Grateful Heart, cont. from previous page

While completing a recent project, I did encounter some new physical limitations from Parkinson's that I was not aware of yet, but I learned to be patient with my PD, and found some tools that helped me adapt.

On one Parkinson's website, I saw a memorable post from a man named Joseph. He said, "Hi, I am Joseph the painter" and he posted a magnificent painting he created. He inspired me to do the same, so I copied him and said, "Hi, I am Susan, the quilter" and I posted a quilt I had made. The response from the online group was just amazing; many other members posted their name and hobby or interest too.

Looking back on my journey, I realize that I have used my beloved hobby of quilting to extend my gratitude to many who have provided support, including a quilt completed with the Miami HeartSisters at a hospital there, and a thank-you quilt for the Skyland Fire Station that hosted the first meetings for WomenHeart of Asheville.

When I was a teacher and club advisor, I encouraged my students to do the same, and they created/donated quilts to children in need, seniors, the homeless, and veterans. To this day, I continue to create quilts in gratitude, including [Project Linus](#) quilts for children in need and [Hero Quilts](#) honoring veterans through local quilt guilds.

You can learn more about how Susan adapts her quilting practice to her Parkinson's on [page 5](#).



A thank-you quilt that Susan created for her Miami cardiologist after moving to North Carolina, which she says made her cry!

I have learned through this journey of life, that keeping active and busy doing something you enjoy is key to survival.

I have learned through this journey of life, that keeping active and busy doing something you enjoy is key to survival. Membership in support groups like our local Parkinson's group, [WomenHeart of Asheville](#), and others, is so helpful as we all need support, education, and the important opportunity to be social.

I am also in several local quilting and sewing groups, and have participated in the Parkinson's boxing group at Movement For Life in south Asheville (and have found our boxing routines a real good workout – thanks Sean!). The camaraderie, the sharing of ideas, and sheer fun are so meaningful.



Susan Sarbey Yaskin moved to the Asheville area after retiring from teaching Early Childhood Education at a large Miami high school. She has been involved with [WomenHeart: The National Coalition for Women with Heart Disease](#) since 2002 as a community educator and support network coordinator, and launched WomenHeart of Asheville cardiac support group in 2017. She is a member of two local quilt guilds ([Asheville](#) and [Mountain Piecemakers](#)), and Designer Divas, a creative sewing group.

Anyone interested in learning to quilt or joining WomenHeart of Asheville can contact her at ssyaskin@aol.com or at wh-asheville@womenheart.org.

SPARKIE HACKS

This month's Sparkie Hack comes from **Susan Sarbey Yaskin**, who has made many quilts over the years, long before developing Parkinson's. She is active in several local quilting and sewing groups and continues to make beautiful quilts thanks to adaptations such as these, which she figured out while working on a recent project, a huge wall hanging quilt that she donated to Mission Hospital (see photo on p. 3).

You can read Susan's full story on pages 3-4.

The Problem:

"Precise cutting is key to a well constructed quilt. In quilting, you need to use clear plastic rulers to line up each piece of fabric, as well as a sharp rotary cutter."

The Hack:

"I discovered that special non-slip rulers were available, and invested in a heavy-duty rotary cutter."

"Handling the pins and lining up the quilt pieces for sewing was a bit difficult too. When I saw mistakes, I just removed the stitches and started all over."

I learned to be patient with my PD limitations, and was amazed in the end that I could accomplish this quilt that could be appreciated in our local hospital."

You could use these tools - and tips about patience and allowing space for making and correcting mistakes - for other hobbies too.

Do you have a "Parkinson's life hack" idea? Email Jane Rigot at wlrigot@att.net



A wall quilt of Susan's that recently won Viewer's Choice 1st place from the Mountain Piecemakers Quilt Guild



AD SPACE



Mountain Area

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Lisa Laney, MSW, CMG
Owner, Mountain Area Premier Care Navigation

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EXERCISE OF THE MONTH

Pain & Gain Arm Day Warm-up

Ensure you have something to put a hand on if you need help with your balance. If any of these are painful, please consult your physical therapist.

- 1 Halos**
1 min per side
Start by pressing the kettlebell up and away from your chest, extending your arms fully. Rotate the kettlebell around your head in a circular motion. As you rotate the kettlebell, keep it close to your head, and make sure your arms stay extended. Continue rotating the kettlebell around your head in a controlled manner. Imagine you're drawing a halo around your head. Do as many reps as possible with good form in 1 min on each side.
- 2 Windmills**
1 min per side
Begin by pushing your hips back and tilting them to the side opposite the kettlebell. As you hinge at the hips, lower your torso toward the ground while keeping your arm holding the kettlebell extended. As you descend, focus on the kettlebell above, maintaining your locked arm and extended position. Continue lowering your torso until you feel a stretch in your hamstring or as far as your flexibility allows. The kettlebell should be positioned above your shoulder, not in front of or behind it. Do as many reps as possible with good form in 1 min on each side.
- 3 Quadruped Thoracic Rotation**
1 min per side
Inhale, and as you exhale, rotate your upper body to one side (e.g., the right), keeping your hips and lower body stationary. Lift your right elbow up and open it to the ceiling. Rotate as far as your mobility allows, feeling a stretch and gentle twist in your upper back. Keep your eyes on your elbow, if possible, to help maintain the proper alignment. Do as many reps as possible with good form in 1 min on each side.
- 4 Long Sitting Snow Angels**
1 min per side
While keeping your arms straight and your palms facing down, raise both arms off the floor, maintaining the same horizontal position. As you lift your arms, start moving them outward and then overhead, creating a semi-circular motion. Imagine you're making a "snow angel" shape with your arms, as if you were lying on the ground and moving your arms through the snow. Do as many reps as possible with good form in 1 min on each side.

follow along



Use your smart phone camera to scan the QR code & access the free guidance videos and step-by-step instructions (or go to movementforlife.com/articles/4-warm-exercises-arm-day)

Support Group Contact Info

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**for group leaders and officers who don't have an email listed, please email

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**To contact someone from the group by phone, please call 828-579-7897

HIDDEN TULIPS

As we mentioned on last month's cover, the newsletter team is evolving our game of hiding little "Easter eggs" (hidden graphics) in each month's issue into a regular feature of hiding some version of the lovely red tulip from our group's logo somewhere in the pages of each newsletter.

Did you spot any hidden tulips in this issue? (Hint: this month had two!)

