

## WELCOME TO ARIZONA AND THE VALLEY OF THE SUN

Hello!

**My name is Perry Heilman.** I am an almost lifetime Arizona resident, a Parkinson's Disease patient, and a proud, longtime advocate and **Global Ambassador for PMD Alliance**, as well as an active participant in one of the most loving and sharing PD communities on the planet.

The Many Faces of  
Parkinson's Disease  
(face donated by Perry)



### A LITTLE BIT ABOUT ME:

In 1953, our family of five relocated to the Metropolitan Phoenix Area and the lower central deserts locally known as the Valley of the Sun. I have remained a resident here ever since, and can attest that Phoenix residents experience four seasons. I call them Early Summer, Mid-Summer, Late Summer, and Next Summer. BUT IT'S A DRY HEAT!!

Since being diagnosed with PD in 2010, I have developed my own way of coping, accepting, anticipating and adapting to the only constant I see: the single and unavoidable constant of CHANGE.

A person with Parkinson's can live well and thrive despite their disease. It is a relentless disease, but there are ways to conquer and overcome these obstacles. My belief is that exercise, education, exercise, social interaction, exercise and involvement by immersion into all the resources, literature, and personal involvement opportunities. Know your enemy by constantly updating your knowledge of all things PD and sharing your journey with others.

We each have our own path, but we share the same diagnosis with enough common ground to become both student and teacher to each other. Stay positive, active, and involved with learning about your own self. Volunteer. and search for ways to keep thinking of what you can do to help each other in a positive way. Loneliness is not possible when you march with purpose and determination. I do tend to be rather passionate when I look through a positive lens. WELCOME AGAIN AND ENJOY A GREAT CONFERENCE!!

**To keep your Arizona knowledge growing I gathered some "Did You Know Facts"**

- DYK - All of New England, plus the State of Pennsylvania, would fit inside Arizona
- DYK - Arizona has 26 mountain peaks over 10,000 ft in elevation
- DYK - Coconino County, at 18,608 sq. mi., is the second largest county in the contiguous United States
- DYK - Arizona has the largest and most diverse population of venomous animals in the United States
- DYK - Mount Lemmon, located in the Santa Catalina Mountains outside Tucson, is the southernmost ski resort in the Country
- DYK - The original London Bridge was purchased, dismantled stone by stone, and shipped to Lake Havasu City, AZ where it was rebuilt and still stands today
- DYK - Cutting down and removing some species of protected cactus can result in a one year prison sentence
- DYK - South Mountain Park/Preserve in Phoenix is the largest municipal park in the U.S.
- DYK - The best-preserved meteor crater in the world is located near Winslow, AZ

Fact: Phoenix is about  
an hour away from  
Phoenix

