Dear Friends,

The first half of 2015 at Parkinson Society Southwestern Ontario (PSSO) was buzzing with activity! Through a partnership with ‘Year of the Brain 2015’, physiotherapist Cathy McNorgan presented a webinar on Urban Poling and Parkinson’s. As well, PSSO partnered with the National Ballet School and Dancing with Parkinson’s to offer a workshop called Share Dance in Hanover, Orangeville, Owen Sound, Stratford and Woodstock.

Other successful events were the Cut-A-Thon for Parkinson’s, the Parkinson Golf Classic (London and Waterloo) and Signatures – A Taste Test of London’s Best. All these events were well attended; Signatures was sold out!

Please help us to continue this momentum by being part of the 2015 Parkinson SuperWalk near you. The theme is ‘Everyday Heroes. Extraordinary Hope.’ We hope that the Parkinson SuperWalk Everyday Hero stories on pages 20-21 will inspire you with ideas of how you can make a difference.

The Parkinson SuperWalk is the largest source of revenue for PSSO, accounting for more than one third of our budget. Funds are dedicated to providing support services, education, advocacy and research. This will allow us to enhance current programs and look for ways to create new cost-effective programs that will help provide a better life with a brighter future for people living with Parkinson’s.

We appreciate your past support and encourage you to participate in any way you can. Please encourage your family and friends to register online at www.parkinsonsuperwalk.ca. If you have difficulty walking or are unable to attend the Walk in your area, you may register online and set up a virtual team or become a virtual walker. See page 20 to find a Parkinson SuperWalk location near you.

There is an everyday hero inside all of us. The Parkinson SuperWalk is your chance to give extraordinary hope to those living with Parkinson’s.

Sincerely,

Shelley Rivard
CEO
A Message from the PSSO Board President

Chris Maciejowski,
President,
Parkinson Society Southwestern Ontario Board

Thank you to the members and volunteers who attended our second Annual General Meeting on April 16, 2015. It was nice to see some new and some familiar faces at the event. During the AGM, attendees were introduced to incoming board members Carol Kraft, Bill Rea and Brad Richards.

Also, past board members Connie Birmingham, Wayne Garner and Yvon Trepanier were honoured for their dedicated service on the board.

Carol Kraft has been a very active Parkinson Society Southwestern Ontario (PSSO) volunteer. She has chaired the South Grey Bruce & Hanover Area Parkinson SuperWalk for seven years. Carol is amazing at recruiting thousands of dollars of Parkinson SuperWalk sponsorships each year. As if she’s not busy enough, she’s also active in the local support group for young-onset Parkinson’s. Carol’s determination and enthusiasm will be a definite asset to our board.

Bill Rea knows first-hand the challenges of living and working with Parkinson’s. Bill was featured in the media in the Orangeville area shortly after the news of Robin William’s diagnosis of Parkinson’s and subsequent death. Bill’s desire to be more active in advocating for people with Parkinson’s, as well as his background in risk management and financial services, make him a great addition to the PSSO board.

Brad Richards also knows the challenges of living and working with Parkinson’s. Brad is a manager of PartSource in London. Brad lives in Strathroy and has been the Middlesex County Warden, as well as the last Reeve and the first Deputy Mayor of Strathroy-Caradoc in his 23-year career in municipal politics. He is currently Deputy Mayor of Strathroy-Caradoc. Brad’s experience and his desire to help others living with Parkinson’s make him an ideal choice as Vice-President of the PSSO board.

Connie Birmingham was an active board member since 2011 and had assumed the role of Vice-President for the PSSO board. Connie has been a volunteer for several years with PSSO; she has been a Stratford Parkinson’s support group co-facilitator, a carepartner to her husband Gary, a Parkinson SuperWalk volunteer and SuperStar Walker Supreme. Connie’s warmth and enthusiasm will be missed. We wish you all the best, Connie!

Wayne Garner and Yvon Trepanier were members of the PSSO board from 2008 to 2014. For more information on Wayne and Yvon, please see issue 61 of The Parkinson’s Update. If you are interested in finding out about how you can become a Parkinson Society Southwestern Ontario board member, please see the advertisement on page 14.
I began my running career at the age of 49. Back in March 2007 I weighed 230 pounds and I knew I needed to lose weight. So I took up running. My first run consisted of running to the end of our block (I live in the middle of the block). I felt like throwing up. But I persevered and by November 2007, I was down to 170 pounds. I have maintained that weight with minor fluctuations to this day. In that same month I ran my first ½ marathon and then set my sights on a marathon by my 50th birth year, which was 2008.

I ran the Waterloo marathon on April 27, 2008, achieving my goal. I vowed I would never run another as the pain was intense, but the euphoria (there are no other words to describe it) of crossing the finish line overrode the pain. Within a couple of days I was looking at where to set my goal: BOSTON … the greatest marathon in North America and one of the five major marathons of the world!

It took me four additional marathon attempts before I was able to qualify for Boston and in April 2010, I completed the marathon, collecting the ‘bling’ for my first majors. I was totally hooked, and then set my sights on completing the five World Major marathons of Boston, New York, Chicago, Berlin and London England. Some consider the five World Majors to be the Holy Grail of marathon running.

One by one I slowly set out to complete the task. I qualified and ran Boston 2010; I qualified and ran New York 2011; I submitted and was accepted to run Chicago 2012; I submitted and was accepted to run Berlin 2013 and I pledged to the Parkinson Society of Britain. I was accepted and ran London England 2014! During the 2012 racing period, the World Majors announced that they had added Tokyo to the series. Now there were six marathons to complete in order to receive my certificate.

While training for Berlin, I felt physically something wasn’t right. My left arm and left leg were doing funny twitches. I went for testing and on March 18, 2013, I was diagnosed with Parkinson’s disease. To say the least I was pretty bummed out. I wondered what my future in running would be, wondering if I was going to continue to be able to run. More importantly, would I be able to complete my goal of running the six majors?

My doctor is a runner and my neurologist’s wife is a runner, so with their blessings I kept running. My timing for Berlin showed me that the disease was taking its toll. My time was much worse than previous marathons but I wasn’t going to give up the goal. The training following Berlin leading into the London marathon was tough, not only because of my condition, but also with London being a spring marathon all the training was done during the winter months. My longest training run ended up being only 17K when normally a runner will get in one or two 35K training runs. Again I set my sights on completing the goal. Although in pain on April 13, 2014, I had completed five of the six majors.

So now my sights were set on Tokyo. I applied and was accepted. On February 22, 2015, I ran and completed the Tokyo marathon, becoming the 12th Canadian to complete the World Majors series. I couldn’t have done it without the support of family and friends. This was certainly a dream come true!
Diagnosed with Parkinson’s in 2008, Bill Coombes couldn’t help but wonder, “Why me?”. However after time, consideration and the support of his family, friends and church, he began to think, “Why not me?”. That became the turning point in his new and unusual journey. “I wouldn’t change a thing,” Bill states. “Through this, I have met so many wonderful people and I have had new experiences that I would never have had without Parkinson’s”.

Photography is one of Bill’s many interests and he has enjoyed ‘capturing God’s beauty on earth’ for over 30 years. Bill’s first indication that something wasn’t right came while taking bird photos at Pinery Provincial Park. He was experiencing a shaking and weakness in his right arm that continued to worsen over time. Even holding a book eventually became a challenge. However, with a combination of the right medication and the use of his left hand, Bill has adapted. He wasn’t ready to give up the things he enjoyed. He knew he just had to work a little harder at them.

Despite not having been one for public speaking, Bill now hosts a Parkinson’s audio-visual night in conjunction with the Sarnia Photographic Club. Attendance is usually upwards of 200. The cost is a small donation and all proceeds for the evening go to Parkinson Society Southwestern Ontario (PSSO).

Bill’s passion is photographing birds, but he is finding himself less steady than he used to be, and the heavy camera lens combined with the movement of the birds has made the pictures harder to capture. However, leaving photography behind is not an option, and Bill has now moved his photographic interest to landscape, creating artistic and unique photographs of trees and natural areas. He’s calling his next presentation ‘The Final Bird Tour’, but does have a ‘Reunion Bird Tour’ in mind for 2017. He can’t completely give up his feathered friends.

Knowing that remaining active and exercising is important, Bill has taken a new interest in bicycling. As a result, he is now preparing for an exciting adventure that combines his interest in photography with biking – a ‘Bike and Barge’ through Holland. On a bike and barge tour, you spend your day cycling and touring the sites and meet up with the barge 30 miles later for dinner and a good night’s sleep. Then he goes on to Norway to experience a 12-day ferry ride along the coast, followed by three days in Iceland. He plans to return home with a new photography travel presentation.

What is Bill’s advice for someone just beginning this journey? “Give your carepartners the credit they deserve. They work tirelessly, patiently, to help out. Get out, be around people, exercise, and tell your friends and co-workers. The support they offer in return will get you through the tougher days. I have been put on this road and have to look at each trial before me as pure joy. And always have faith in God - know that things will work out.”

Sample of Bill’s photography:
Sinemet CR contains dopamine and has an effect on the sleep cycle and rhythm. It can also have an impact on cognition. Generally Sinemet is tolerated better than many other dopaminergic medications at night. However, if there are no other drugs confounding the issue (e.g., sleeping pills or other drugs that are used in lieu as sleeping aids like tricyclic antidepressants, drugs for urinary frequency, etc.) then the Sinemet should be discontinued. Night-time disorientation is a common phenomenon even in people without Parkinson’s. Waking up from a dream, or simply not paying attention, can make a person feel disoriented. However, in Parkinson’s, this disorientation can have a higher impact for the patient since risk of falling, wandering and other problems can cause a real hazard to the well-being of a patient with Parkinson’s.

Drug-related issues are generally acute. So if you have had a recent change in medications, you should experience the side effects within days. Generally it is unlikely that a new ‘side effect’ would occur months later. This would potentially be a new symptom. However, you have to make sure that the symptoms are or are not Parkinson’s-related. It is common for patients to experience many other problems which may not have anything to do with Parkinson’s disease. For example, you may get heartburn or headache from Parkinson’s medications, but a sudden onset of chest pain, or a really bad, localized and sudden headache may be symptoms of a heart attack or a brain hemorrhage. To be safe it is best to check with your doctor, either your own family doctor or the neurologist or even the pharmacist in order to clarify the situation.

Another important issue is progression of Parkinson’s. Most diseases progress over time and as we age, our tolerance to the progression and the effect of medication will change. That is why follow-up and reassessment of medications become very important in patients with Parkinson’s. New medications are often added such as sleeping pills, antidepressants and medications to treat bladder symptoms. If these medications interact with the Parkinson’s medications, there can be a worsening of apparent side effects which were not there before. Even antibiotics that interact with the Parkinson’s medications can cause a change in the response to the medications including heightened side effects. Doctors need to be aware of all medications.

No, there is no therapeutic benefit of coffee other than helping with excessive sleepiness. However, coffee is a diuretic and you have to be careful in a patient with Parkinson’s disease not to use too much caffeine, especially at night. Otherwise, the issues with sleep disruption and night-time urinary frequency (nocturia) far outweigh the benefits. There is currently an ongoing study looking at the effects of coffee on Parkinson’s disease. The results are not yet available.
Recently I have been prescribed the NEUPRO (ROTIGOTINE) patch to replace Requip medication (pills). What improvement can I expect and what is the experience of others using this new product?

The class of the drug is the same: non-ergotamine dopamine agonist. The advantage of Rotigotine is that it is a patch for 24 hours and goes directly into the blood, bypassing absorption. However, it is expected that the other side effects of the drug would be the same as Ropinirole. The main reason for using dopamine agonists is its levodopa-sparing effect. This means that if the agonist is the only medication that you are taking and nothing else, you are not being exposed to levodopa. This is advantageous only if your symptoms are adequately controlled. Otherwise the data is pretty convincing that levodopa is the best symptomatic drug, hands down. If you are using the agonist as an add-on drug, then it is used to ‘smooth out’ the fluctuations that occur in patients with Parkinson’s disease. In this case you are probably already using the levodopa along with the agonist. International experience with using Rotigotine has generally been excellent.

What effect does blood pressure have on Parkinson’s?

Chronic hypertension can cause damage over time to the small connections in the brain. Although it is not known to have a direct effect on Parkinson’s disease, the injury to the brain will enhance the deficits seen in Parkinson’s disease, especially those related to balance, walking and falls. Low blood pressure can occur in Parkinson’s disease. This is due to the disease, Parkinson’s medications and other medications that lower blood pressure. Low blood pressure can have a direct impact on balance and posture increasing the risk of falling, increasing fatigue, causing sleepiness and even slowing down mental cognitive processes. Low blood pressure should also be aggressively treated.

Generally I recommend that patients consume a higher quantity of water first thing in the morning. This is called ‘water loading’ and may help to set the tone of the daily blood pressure. It is also helpful to continue consuming fluids throughout the day, as the Parkinson’s medications can lower a patient’s blood pressure significantly. Generally it is good to avoid fluids late in the evening to reduce night-time urination or nocturia which can disrupt sleep. If fluid intake does not work, then medications will be needed to treat low blood pressure. Medications such as midodrine or florinef can be used. Consult your neurologist first.

Based on the demographics of Canada, which province has the highest rate of Parkinson’s and do they know why?

We do not have the answer to that as a Canada-wide survey has not been done in every province to answer that question. The study would have to be exceedingly detailed to actually answer or even try to answer why. Parkinson’s disease is extremely variable and affects all kinds of people and so everything from ethnicity, travel, geography, etc. could make a difference. An etiological relationship would be virtually impossible to sort out in such a study, an important reason why it has not been done and is probably not that useful to do. In today’s world, with a large immigrant population and migration of people across the country, aspects of epidemiological association have been impossible to sort out.
An NHL dressing room harbours a lot of secrets—some with good reason. But that environment also encourages players to remain silent on the physical and mental tolls of the game, something that Steve Ludzik wants to change.

The former Blackhawk player and Lightning coach was in Toronto this past February for a speaking engagement, and he talked about some of the stigmas associated with hockey culture.

“You sit in a dressing room and to the guys, if you have a good team, you’re a brother,” Ludzik said. “It’s not good enough to say, ‘I’m hurt.’ You get hurt some nights and you just play. That’s the mentality that you grow up with throughout your career. You’re pressured. But it’s just part of the code.”

Ludzik, 54, suffers from Parkinson’s. He attributed the disease to the many head injuries he suffered in his playing days and believes he’s not the only one that’s suffering during retirement.

“I think you’re going to see Parkinson’s disease and neurological damage in a lot of players,” he said. “It comes out later in life. Mine came out early.”

Ludzik was diagnosed when he was 39, while coaching Tampa Bay, but he hid the diagnosis from the public for over a decade.

“I was scared of what people were going to think,” he said. “Would they think of me as a cripple? In hockey, you hide when you’re hurt, because you don’t want enemies coming after you, picking on that certain spot. I think I did a good job.”

But those enemies did come after him while Ludzik served as a pundit on The Score. Ludzik’s slurred speech, a symptom of Parkinson’s, led several members of the press to accuse him of being drunk on-air.

“It was very hard for me to stomach that and not be able to fight back and say, ‘No, I’m not drunk, I’ve got Parkinson’s. My mind still works 100 percent,’” he said.

Ludzik’s comments come at a time when mental health is receiving a major push into the forefront of social consciousness with movements like Bell’s #BellLetsTalk. But Ludzik said there’s still a stigma with players talking about both mental and physical health problems when their careers are over.

That’s something he would like to change and these speaking engagements are his way of raising awareness about post-career disabilities. It’s become Ludzik’s new passion – outside of hockey, of course.

“I thought I’d be remembered as the greatest hockey player that ever lived,” he said. “Didn’t happen. Thought I’d be known as the greatest coach that ever lived. Didn’t happen. Then I knew when I went on TV I’d be the greatest thing on TV, and that didn’t happen. What I’m really meant to do is raise money for Parkinson’s disease, and I’m pretty happy with that. If that’s my final resting spot, I’m happy with it.”

Tucker Wilson is a freelance journalist, contributor for The Hockey News and graduate of Western University’s Masters of Journalism program.
“I was tired, always needed to rest and wasn’t as active as I used to be. Parkinson’s slowed me down.” The start of Pauline’s story is similar to many others. After being diagnosed with Parkinson’s disease, her energy and activity levels had dropped, and it was harder to do the things she loved.

Then Pauline received an unexpected retirement gift from her co-workers at Pressure Vessel Engineering Ltd. – a YMCA membership and enrolment in Neuro Fit. Neuro Fit is a customized group exercise program at the YMCAs of Cambridge and Kitchener-Waterloo where people who have Multiple Sclerosis, Parkinson’s disease, stroke, or spinal cord injury get help to maintain or increase their fitness and activity levels, to keep up with the demands of daily life and to build their confidence. With an emphasis on balance, strength and mobility, Neuro Fit pairs the importance of social supports with the expertise of caring staff and volunteers. “I didn’t realize this program existed, but I’m glad I found it,” says Pauline. “Neuro Fit helped with my balance, helped with my walking, and improved my strength and flexibility. It has given me more confidence in taking on daily tasks.”

Following eight weeks of Neuro Fit, Pauline, along with other Neuro Fit graduates, enrolled in Fitness for Function. In this program, she had the opportunity to continue the work she started in Neuro Fit with support and supervision, while maintaining connections with others who shared similar challenges. In Fitness for Function, Pauline was also introduced to the pool, where she now swims laps and strengthens her arms.

Since finishing 12 weeks in Fitness for Function, Pauline continues to come to the YMCA two or three times each week where she exercises for an hour with friends. “It is comfortable coming to the YMCA,” Pauline explains. “There are several people from Neuro Fit that I stay in touch with. I love to chat about what they are doing, and how they are coping. I also appreciate the facilities and equipment. There are many different options that accommodate different people. The machines are comfortable, and it doesn’t have to be strenuous.”

Pauline has seen many benefits of this regular exercise. “My husband says I walk better and I’m more agile. I’m not so stiff all the time and I have the strength and energy for daily activities like cooking and laundry. Most importantly, I have the freedom to do the things I love, like gardening. Staying active is helping me keep up, and not everyone is that lucky.”

Pauline is one of the many participants who have found new strength and overcome challenges through YMCA Wellness Programs like Neuro Fit and Fitness for Function.

Public Education
In-service workshops to facilitate the care and treatment of people living with Parkinson’s may be arranged through Parkinson Society Southwestern Ontario.

Also, speakers may be arranged for presentations to service clubs, employee groups and other general interest groups.

For more information, please call 1-888-851-7376 or email info@parkinsonsociety.ca.
Parkinson’s disease is a complex illness with a range of motor and non-motor symptoms. Some may occur before or at disease onset, whereas others might develop as the disease progresses. It is important to recognize your symptoms and observe how they change and respond to treatment.

**PRIMARY MOTOR SYMPTOMS**

- **Resting Tremor**
  Shaking of hands, feet, or jaw when limb is resting. Usually begins on one side of body but develops on other side as disease progresses. Worsens with stress or excitement.

- **Bradykinesia**
  Slowing of movement in the hands, legs, voice, and face. Fewer spontaneous movements. Can make everyday tasks (e.g., buttoning shirt, brushing teeth, cutting food) very difficult.

**SECONDARY MOTOR SYMPTOMS**

- **Freezing**
  A sudden and temporary stop in gait typically described as feeling stuck in place or “glued” to the ground. Can occur when starting to walk, approaching an obstacle (e.g., doorway) or pivoting.

**NON-MOTOR SYMPTOMS**

- **Lost Sense of Smell**
  A decreased ability to smell that occurs in almost all patients. Thought to precede onset of motor symptoms.

- **Orthostatic Hypotension**
  A sudden drop in blood pressure when standing that results in feelings of light-headedness, dizziness, or fainting.

Andrew is a graduate student in the Psychology (Behavioural and Cognitive Neuroscience) program at Western University. He is completing his research at the Brain and Mind Institute under the supervision of Dr. Penny MacDonald.
RECOGNIZING YOUR SYMPTOMS

Some patients may experience many of these symptoms, whereas others may experience few. Some symptoms may occur before or at disease onset, whereas others might develop as the disease progresses. It is important to recognize your symptoms and observe how they change and respond to treatment.

- **Lost Sense of Smell**: A decreased ability to smell that occurs in almost all patients. Thought to precede onset of motor symptoms.

- **FREEZING**
  A sudden and temporary stop in gait typically described as feeling stuck in place or “glued” to the ground. Can occur when starting to walk, approaching an obstacle (e.g., doorway) or pivoting.

- **RESTING TREMOR**
  Shaking of hands, feet, or jaw when limb is resting. Usually begins on one side of body but develops on other side as disease progresses. Worsens with stress or excitement.

- **RIGIDITY**
  Stiffness or tightness of the limbs, neck and trunk. Muscle tone feels stiff, inflexible, and unable to relax. Can be uncomfortable or painful.

- **POSTURAL INSTABILITY**
  Tendency to be unstable when standing up and to sway backwards. May result in a backwards fall.

- **DIFFICULTY SWALLOWING/DROOLING**
  Excessive pooling and leaking of saliva from the mouth resulting from decreased mouth and swallowing movements.

- **REM BEHAVIOUR DISORDER**
  A sleep disorder that results in movements and acting out of dreams (e.g., punching, kicking, talking, etc.) during sleep.

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<td>Stooped posture, dystonia, impaired motor coordination, micrographia (shrunken handwriting), akinesia (poverty of movement), hypophonia (softness of voice), sexual dysfunction, cramping.</td>
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- **MOOD DISORDERS**
  Depression and anxiety that lead to loss of feelings of joy and excessive worrying about things out of your control.

- **OTHER**
  Cognitive changes, sleep disturbances, constipation, bladder problem, sexual problems, excessive saliva, weight loss/gain, fatigue.
Our brains are plastic—and that’s a good thing! Neuroplasticity, or the brain’s ability to change its connections and functioning based on previous experience, is now widely accepted. Like training a muscle in your body, the idea is that the more we use our brain to perform a certain task, the better it becomes at that task.

This raises some interesting questions for researchers studying cognitive problems in Parkinson’s disease, who are now attempting to develop strategies to improve brain function or at least to slow down its decline. Many patients with Parkinson’s disease present not only with motor-based symptoms but also cognitive symptoms. These problems in memory, reasoning, planning and attention are commonly associated with Parkinson’s disease 1, 2.

Cognitive symptoms can manifest themselves in everyday activities 3, 4. For example, memory and planning are required for keeping in mind a list of errands to run or remembering where you left items around the house. Driving is also an aspect of daily living that requires visual attention, both to the road overall and to individual objects, cars, pedestrians and signs. Decline in these cognitive skills is not only a minor inconvenience, it can also be dangerous.

One promising and exciting way of improving cognition is through computerized cognitive training. The increasing popularity of computers and technology make these programs more accessible, and people can now complete them from the comfort of their homes without needing to visit a research lab. Researchers can in turn monitor the effectiveness of these programs and track changes in performance. The theory behind brain training programs is that the brain’s functions can be improved through neuroplasticity. Much like exercise makes muscles become stronger and more efficient, the theory proposes that mental exercise in the form of challenging tasks and games can also make the brain more efficient. To date, researchers have shown that computerized cognitive training, even as little as 30 to 45 minutes per day, can lead to improvements in verbal cognition, memory and attention 5, 6. However, it is still not clear which programs and tasks are most effective 7, 8. Additionally, it remains unknown whether the improvements are transferable to other areas of life.

Ideally, the goal of such training programs is to improve performance not only on the practised skill, but also on similar skills. For example, training your memory for a visual sequence of items would of course improve your memory for these items, but will this training also improve your memory for names or dates? Would your attention also improve as a result, suggesting that the cognitive skills are all related to each other? These are the questions our research is interested in answering.

Our lab is excited to be conducting a new study examining the effectiveness of a wide range of computerized brain-training tasks. We have specifically selected popularly used tasks that train verbal cognition, reasoning and visual memory. We hope that after training on these tasks, our participants will improve not only on the task itself, but also on other similar tasks. As such, we will administer a large battery of cognitive tests to evaluate whether there is improvement in any of them following a month-long training program. We hope that these training programs will prove beneficial to patients with Parkinson’s disease, and that the results will allow us to answer the most important question - how can YOU train your brain?
Daniel Glizer is a graduate student under the supervision of Dr. Penny MacDonald in the behavioural and cognitive neuroscience program at Western University. In his thesis research he is examining cognitive training in patients with Parkinson’s disease, using a variety of behavioural measures. He is interested in assessing the changes that follow cognitive training programs in patients with Parkinson’s disease, with a focus on how these changes translate to activities of daily living.

References


PEP Presentations

Thank you to our dedicated PEP for Community Caregivers trainers who continue to commit their time to make this valuable program possible. Thank you also to our generous donors who fund this program, enabling it to continue. Here is a list of presentations given between January 1 and May 31, 2015:

- Eastern Star, Leamington
- Masonvon Manor, London
- Social Workers in Gerontology (SWIG), Windsor
- Southwest Middlesex Health Centre (SWMHC), Mt. Brydges
- Trios College, London
- Westmount Long Term Care Centre, Kitchener

Trainers: Adam Budrewicz, Chris Curry, Lisa Nixon, Laurie Stone and Marie Wolf

Volunteers Needed for Research Study

We are seeking individuals with and without Parkinson’s to participate in a research study on training of attention, memory and thinking. The entire study can be completed from home using a computer with Internet connection. Experiments involve simple computer tasks that require no previous experience. You will have to answer some questions to ensure that you are eligible to participate in the study prior to receiving training tasks.

If you are interested in being involved or require more information, please contact the MacDonald lab at (519) 661-2111 x80271 or pmacdonaldlab@gmail.com.
One of the most frustrating symptoms of Parkinson’s disease (PD) is difficulty initiating and controlling footsteps. Walking, or gait, in patients with PD is characterized by smaller steps, slower walking rate, difficulty in initiating gait and freezing. Although these symptoms may be helped by medication, the benefits for gait can decrease over time. Thus, many clinicians advise physical therapy as a supplement to medication.

One physical exercise that is gaining traction in research involves moving to music. As music is something that we find rewarding, listening to it causes the release of a neurotransmitter called dopamine in the brain. As patients with PD have reduced levels of dopamine, listening to music may help increase dopamine levels slightly. Researchers think the brain mechanism behind this involves music stimulating a brain area called the basal ganglia, which has lower activity in PD. The basal ganglia are also responsible for facilitating voluntary movements. Therefore the dopamine release caused by music may help decrease gait irregularities. Researchers are currently testing whether this theory is true. If so, it could explain why some patients with PD report that their symptoms decrease while they dance or play an instrument.

Rhythmic Auditory Stimulation (RAS) is an emerging method of gait rehabilitation that capitalizes on the rewarding properties of music. During a session, patients walk either to a metronome or to musical beats. We believe that the rewarding properties of music (compared to a metronome) allow for an enjoyable way to instill long-term benefits. In the clinical setting, RAS outcomes vary, possibly because music properties such as enjoyment, familiarity and groove (how much the music makes us want to move) differ across interventions, and because every patient has unique musical preferences and reactions. The main objective of our research is to investigate optimal music conditions for RAS therapies, and to tailor these to individual patients. Early studies suggest that people move more vigorously and quickly to music versus metronome alone, especially if that music is familiar and ‘groovy’ (for further reading, see Leow, Rinchon & Grahn, 2015).

If you are interested in participating in our research, as a person either with or without PD, get in touch! We can be reached via email at PDSStudyLondon@gmail.com, or via phone at (519) 661-2111 [EXT] 80187.

The Grahn Lab at Western University’s Brain and Mind Institute is captivated by the relationship between music and the mind. They investigate how rhythms and beats are processed in the brain, and how music might affect movement and memory. They conduct both fundamental and clinical research on individuals with a range of musical ability: musicians, dancers, people with Parkinson’s, undergraduate psychology students and monkeys.

Call for Applications

The Nominating Committee invites residents of Southwestern Ontario to apply to the Board of Parkinson Society Southwestern Ontario.

Please include the following information with your submission:

- Experience with governance of not-for-profit organizations
- Personal experience with Parkinson’s
- Familiarity with healthcare issues
- Special skills that you can contribute

For further information, please contact Shelley Rivard at 1-888-851-7376 or shelley.rivard@parkinsonsociety.ca.
Parkinson’s disease is becoming more widely known in Ontario. The three regions of Parkinson Society Ontario (Parkinson Society Southwestern Ontario, Parkinson Society Eastern Ontario and Parkinson Society Central & Northern Ontario) and the advocacy members have been working diligently to advocate for the needs and concerns of those living with Parkinson’s.

Recently Parkinson Society Ontario (PSO) had the opportunity to appear before the provincial pre-budget hearing. This time was used to highlight the challenges of those affected by Parkinson’s, the costs of the disease to the province and what may be done to mitigate future costs. With 40,000 people in Ontario alone diagnosed with Parkinson’s and more than 160,000 Ontarians affected by the disease, it is quite clear that it is an issue deserving Ontario’s attention.

On April 15, 2015, Parkinson Society Ontario visited Queen’s Park to meet with 12 MPPs to discuss issues that concern those affected by Parkinson’s. We shared our key priorities and infographic with the MPPs (go to http://www.parkinsonsociety.ca/advocacy.html for a copy). The day was extremely productive and our team is already compiling information in order to improve our relationship with the government of Ontario and to increase the reach and potency of our message.

Thanks to meetings and discussions with MPP John Fraser, PSO was able to secure a meeting with staff from the Ministry of Health to discuss the objectives of Parkinson Society Ontario. One major goal of this upcoming meeting will be to work on methods to reduce wait times to see a specialist.

In addition to these initiatives, PSO is also fortunate to have a strong ambassador network to act as the voice of people living with Parkinson’s. PSO is able to work directly with local politicians and other provincial stakeholders in order to advance provincial advocacy initiatives. With new initiatives underway and a plan to continue to engage MPPs, there is a growing need for volunteers in this network.

If you have any questions or suggestions concerning advocacy efforts, or how to be involved, please contact me at jared.zaifman@parkinson.ca.

After completing his Masters of Public Administration in Local Government from Western University, Jared Zaifman worked for the City of Stratford in the offices of the Mayor, the Economic Development Officer and the Chief Administrative Officer.

Before taking on the position of Manager – Public Policy & Stakeholder Relations for Parkinson Society Ontario, Jared spent a few years as an active member of the Ontario Advocacy Committee. Jared has a deep dedication for helping people living with Parkinson’s because his father was diagnosed with early onset Parkinson’s over a decade ago. Jared was also recently elected to London City Council.

Go to www.parkinsonsociety.ca and find out about:

- Parkinson Society Southwestern Ontario and our services
- Parkinson’s and Parkinson’s programs
- Upcoming events, conferences and workshops
- How you can help
- Corporate/Employee involvement
- Signing up on our mailing list
- And more …
Thank You Volunteers
For Your Work with Master of Physical Therapy Students at Western University

Year after year in the physical therapy, student feedback indicates that the highlight of the Physical Therapy in Community Settings I course is ‘working with real people’. I hope the volunteers know that the morning they give up to come to Western to work with the first-year physical therapy students provides much more learning beyond the two hours they spend with the students in the lab. The experience stays with the students the rest of their career.

The course that hosts the volunteers, Physical Therapy in Community Settings I, is about physical therapy practice in community settings. It includes cardiorespiratory, neuromuscular and musculoskeletal health conditions across the life span. Showing videos in class of physical therapists interacting with and providing care for patients brings to life the people and their health conditions. There is nothing quite like working with and learning from a real person.

Since 2003, volunteers living with Parkinson’s disease have been coming to a two-hour lab in the School of Physical Therapy at Elborn College at Western University to teach and share their experiences about living with Parkinson’s disease. Many of the volunteers have been coming for six to eight years. For me it is a joy to reconnect with them, even if it is for only one day every year.

Denise Connelly, PhD, PT
Associate Professor,
School of Physical Therapy,
Western University

Join Partners for Parkinson’s
Our Monthly Giving Club

Please consider joining Partners for Parkinson’s – our monthly giving club. Monthly gifts provide a secure funding base for Parkinson Society Southwestern Ontario and lower administrative costs. This allows us to direct more money to our vital services throughout the region.

For more information about monthly giving, please call 1-888-851-7376 or email shelley.rivard@parkinsonsociety.ca.

Although the average age to develop Parkinson’s is around 60, young-onset Parkinson’s (before age 40) occurs in five to ten per cent of people diagnosed. Twenty per cent of those newly diagnosed are under the age of 50. Some challenges in living with Parkinson’s disease are universal, regardless of age, and there are a number of additional issues specific to younger people.

The first is often the shock of a diagnosis of young-onset Parkinson’s disease (YOPD). “I think when you get the diagnosis, your life sort of stops,” recalls one of the contributors to the booklet on advice for other patients. “You have to deal with your kids, you have to deal with your job, you have to deal with getting up every day and all the things you’re supposed to do and then deal with this at the same time. And there’s no instruction book on how to do that.”

These latest resources help to fill that gap. Written by Dr. Michael Ravenek, PhD and associate professor at Western University, the two booklets, Young-onset Parkinson’s disease: Advice for those newly diagnosed from individuals currently living with YOPD (2nd ed.) and Young-onset Parkinson’s disease: Advice for physicians from individuals living with YOPD (2nd ed.) provide advice on personal topics, such as when to reveal your condition to your employer, planning finances for possible disability or early retirement, and sharing your diagnosis with young children, teenagers and parents, among several others issues.

To get a copy of either publication, go to www.parkinsonsociety.ca or call 1-888-851-7376.
The semi-annual Parkinson’s Conference provides information, education and support to people living and working with Parkinson’s in the Southwestern Ontario Region.

Highly regarded by both those within the Parkinson’s community and the healthcare profession, the conference is always one of the year’s highlights.

Come individually, with your spouse or partner, or make it a road trip with your local Support Group!

The Hellenic Community Centre
133 Southdale Rd. W., London

We have a fascinating lineup of speakers:

- 9:00 a.m. Dr. Jessica Grahn
  Music and Movement in Parkinson’s Disease

- 10:45 a.m. Dr. Mandar Jog
  Update in Parkinson’s Research

- 1:00 p.m. Dr. Mandar Jog
  Parkinson’s Disease Hot Topics

- 2:30 p.m. Dr. Soania Mathur
  Empower Yourself to Live Well with Parkinson’s Disease

Registration: $45

To register, go to www.parkinsonsociety.ca or call 1-888-851-7376.

If you are travelling and want to stay the night, remember to book your hotel room early as space is limited. We have a block of rooms reserved at the Holiday Inn Hotel & Suites London, 855 Wellington Rd S. at a rate of $99. Please note that the hotel is about a ten-minute drive from the conference venue.

Call (519) 668-7900 to book your accommodations. Reservations must be made by September 27, 2015, and you will need to provide group code of ‘Parkinson Conference’ at the time of reservation. Please mention any accessibility requirements when booking.

Check the www.parkinsonsociety.ca for Conference updates.

Thank you to all of our speakers and sponsors who made this event possible!
Third Annual Kool 105.3 Parkinson Golf Classic (Waterloo Region)
Participants enjoyed 18 holes of golf, a barbecue lunch, buffet dinner and silent auction. The event raised $39,500. (from left to right): Wayne Burnet, Brad Kinzie, Bob Karai and Anne Kinzie.

Cut-A-Thon for Parkinson’s (Waterloo Region)

Cut-A-Thon for Parkinson’s (Windsor)
Antoine Greige Salon & Spa, Cabello Hair and Roots Hair Lounge participated in the annual Cut-A-Thon for Parkinson’s. Participants received a special gift from our sponsor JOICO. The regional Cut-A-Thon for Parkinson’s raised almost $30,000.

Third Annual Signatures – A Taste Test of London’s Best
London’s Budweiser Gardens was buzzing with excitement on June 15, 2015. Participating restaurants and food vendors showcased their signature dishes to a sold-out crowd. Signatures raised over $27,000. (from left to right): Allan Calvert (Sales Manager, Lexus of London), Matt Brown (Mayor, City of London), Shelley Rivard (CEO, PSSO), Steve Hickson (Coordinator of Special Events, PSSO) and Andrea Baird (Chair, Signatures Committee).

Thank you to all our sponsors, participants, donors and volunteers!
Sixth Annual Parkinson Golf Classic Presented by Rembrandt Homes (London)
Participants enjoyed 18 holes of golf, a barbecue lunch, buffet dinner and silent auction. The event raised over $65,000. (from left to right): Cathee Strano, John Facciorusso, Dave Westman and Tiz Orlando.

Cut-A-Thon for Parkinson's (London)
Participating salons for the Cut-A-Thon for Parkinson's in London were Chez Cheveux, Dream It Hair Studio, Maria Bikas Salon, Michael Christopher Hair Salon, N U Hair and Make Up Studio, Nova Vista Hair Studio & Esthetics, PH Spa & Salon, RocStudio Hair Design, Salon Entrenous, Shampoo Planet, Side Street Salon, South 142 Hair Design, Studio H Artist Group, Wabi Sabi Hair Artistry and Wright Hair & Co.

Rembrandt Homes was the Host Sponsor for the Sixth Annual Parkinson Golf Classic in London. Team Rembrandt Homes (from left to right): Dan Harris, Paul Traher, John Westgate and Bill Burling.

To find out about upcoming events or to get involved, go to www.parkinsonsociety.ca.
SuperStar Walker: Stuart Selby

When his wife was diagnosed with Parkinson’s disease five years ago, Stuart Selby was not surprised. It helped to explain why she had lost her sense of smell and why her hands would shake and her handwriting had become cramped. The diagnosis was an explanation, but it offered no relief. Since there is currently no cure for Parkinson’s, Stuart walks and his wife participates in the Parkinson SuperWalk every year to support research that will someday bring a cure.

“Besides the love and daily support, there’s very little that I can actively do to help my wife and others with Parkinson’s. Raising money for research and services is one thing I feel I can do to make a better future. As I tell my sponsors every year, I have nothing new to say about breakthroughs in the treatment of Parkinson’s except that we have to keep trying because a cure will be found,” said Stuart.

Stuart is a SuperStar fundraiser, meaning he has raised thousands for the Parkinson SuperWalk. In fact, Stuart has raised almost $20,000 total since he began in 2010! When asked for fundraising tips, Stuart says, “I have made a lot of good friends throughout the years, and I always make sure to contact each one personally. I certainly get a better response when I take the time to craft a personal request for each person. It also gives me a chance to connect in a way that makes me feel good. I really care for each of my friends, and I know they care for me.”

The Parkinson SuperWalk provides the opportunity for participants to raise funds and awareness on behalf of people living with Parkinson’s. The Parkinson SuperWalk has raised more than $4.6 million in Southwestern Ontario and that money has been invested in support services, education, advocacy and research for people affected by Parkinson’s.

To find out more about the Parkinson SuperWalk, visit: www.parkinsonsuperwalk.ca.

Mark Your Calendar!
Parkinson SuperWalk 2015

Saturday, September 12:
Brant-Norfolk – Mohawk Park
London and District – Springbank Gardens
Orangeville and Area – Alder Street Recreation Centre
South Grey Bruce and Hanover Area – Hanover Town Park
Stratford and Area – Upper Queen’s Park
Waterloo Region – Resurrection Catholic Secondary School

Sunday, September 13:
Chatham-Kent – Kingston Park
Kincardine – Victoria Park
Owen Sound – Grey Sauble Conservation
Windsor-Essex – Riverside Sportsmen’s Club

Sunday, September 20:
Oxford County – South Gate Centre
Sarnia-Lambton – Stoke’s Bay Grill & Bar

EVERYDAY HEROES. EXTRAORDINARY HOPE.
The Parkinson’s Update

SuperStar Team: Parker Family

Raegan Fatouros’ father, Barry Parker, was diagnosed with Parkinson’s in 2008. Raegan’s first reaction was, “Fear. We didn’t understand the disease.” Raegan was also not prepared for the impact of her father’s Parkinson’s diagnosis. “It’s very difficult to see him struggle. Parkinson’s is progressive. It was hard to see Dad give up many of his dreams.” In order to help, Raegan formed a Parkinson SuperWalk team along with her sister, Melora Parker-Pistore. They have found that it is a wonderful way to spend time together with family while showing support and encouragement to their father.

Family involvement can make a huge difference in the enjoyment of the Parkinson SuperWalk. Raegan agrees, “It’s very special to come together as a family because we can fight the disease together and make a difference while supporting our Dad.” Parkinson’s has brought their family together in other unexpected ways as well. “Dad changed his dream of cycling trips in retirement to buying a cottage instead. As a result, we enjoy more time together with Dad and our stepmother, Andrea.”

The Parker Family team began in 2009 and has not missed a year since. “The Parkinson SuperWalk is such a positive experience and we love participating as a family. We are proud to have raised over $106,000 in our six years walking,” says Raegan.

Raegan’s team looks forward to the Parkinson SuperWalk every year, “If you do it, you’ll feel very good. It’s hard to articulate how rewarding it has been for our family. Participate together with your family and friends to honour a loved one and you’ll feel more connected to each other while fighting the disease. We would hate to miss it,” says Raegan.

Consider forming a team of family, friends and co-workers. A team is a fun way to build camaraderie while raising much needed funds for support services, education, advocacy and research. For more information about the Parkinson SuperWalk or to register a team, visit: www.parkinsonsuperwalk.ca.

Team Parker at the 2013 London and District Parkinson SuperWalk in Springbank Gardens.
COMMUNITY PARTNERSHIPS:

Bill Coombes Photography (Sarnia)
Central Ontario Funeral Directors (Elmira)
Christ Church Huntingford (Woodstock)
Elmwood Avenue Presbyterian Church (London)
Fort Malden Chapter 268 Order of the Eastern Star (Amherstburg)
Libro Credit Union (Southwestern Ontario) Share the Future Program
St. Bernard’s Catholic Women’s League (Waterford)
The Running Room (London)
Tillsonburg Multi-Service Centre (Tillsonburg)
Tri-County Mennonite Homes (New Hamburg)
Unity of London (London)
Vittoria Women’s Institute (Vittoria)

HONOURING LOVED ONES THROUGH DONATIONS:

Sophia Banduk & Anthony Balthazar (London) Wedding
Laura Edgar & Graham Clarke (Waterloo) Wedding
Cal Dolson (Tavistock)
Katelynn & Jeff (Belle River) Wedding
Marlene Kelly (Leamington)
Tracy Kubesheskie (Owen Sound) Birthday
Bill & Janet Lovekin (Brantford) 50th Wedding Anniversary
George Magwood (Walkerton) Retirement
Gail O’Riley (Kitchener) Thank you
Walter & Sandy Waun (London) Anniversary
Bernie Zaifman (London) Negev Gala

Find Out if Your Employer Offers a Matching Gift:

Many companies have matching gift programs in which they will match a donation given by an employee, retired employee or even volunteers. Check with your company’s human resources department. As well, ask your parents/friends/relatives if their employer has a matching gift program. Then, work with employers to check the eligibility and application requirements. It’s an easy way to double your impact.

Participating Organizations:

Fidelity Investments (Kitchener) Corporate Leaders Program
Insurance Institute Canada (Toronto) Volunteer Grant Program (London employee)
RBC Foundation
Union Gas Ltd, Spectra Energy Co (Chatham) Pledge Matching Program
TD Bank Group (London) Volunteer Grant Program

We are excited to welcome Catherine Burton as Coordinator, Programs and Services. Catherine obtained her Social Service Worker diploma at Fanshawe College and has several years of experience in the non-profit field specializing in client relations. Catherine will utilize her knowledge and community connections gained through employment at Family Centre Carling-Thames to help families deal with the challenges of a Parkinson’s diagnosis. Additionally, Catherine has been actively volunteering with Alzheimer Society and St. Thomas Elgin General Hospital. Welcome Catherine!
Volunteers from Hutton House enjoyed the ‘Hawaiian beach theme’ while assembling packages for The Parkinson’s Update distribution.

Volunteers Carolyn Young and Teresa Smith were available at the Spring Parkinson’s Conference in Sarnia to provide free educational materials and to sell recommended books to help people live better with Parkinson’s. Educational materials are available by going to www.parkinsonsociety.ca, by emailing info@parkinsonsociety.ca or by calling 1-888-851-7376.

Attendees at the Brantford Parkinson’s Support Group enjoy sharing information and experiences about living with Parkinson’s. For more information about a support group near you, see pages 26-29.

Sarah Robichaud demonstrated Share Dance as part of the April Awareness workshop series. Share Dance was a presentation and dance demonstration in Hanover, Orangeville, Owen Sound, Stratford and Woodstock with partners National Ballet School and Dancing with Parkinson’s.

On April 15, 2015, Parkinson Society Ontario visited Queen’s Park to meet with 12 MPPs to discuss issues concerning those affected by Parkinson’s. For more information, see page 15.

Dr. Camila Henriques de Aquino is currently researching the benefits of taking levodopa intravenously, instead of orally. On her webinar on June 8, 2015, she discussed her current research and what she hopes to achieve.

Volunteers and attendees at the 2015 Spring Regional Parkinson’s conference in Sarnia. The conferences are designed to provide information and support to people living and working with Parkinson’s. For information about the 2015 Fall Regional Parkinson’s conference in London, see page 17. For recordings from past conferences, see our website at www.parkinsonsociety.ca.

Volunteer Lynn Sandbrook offers information about Parkinson’s and PSSO at the 2015 Seniors Information and Active Living Fair in Blue Mountain.
Frank Callipari’s involvement with Parkinson Society Southwestern Ontario (PSSO) began in 2005. Frank was working at Shaw Auto Recyclers, a family business owned and operated by Tony Devincenzo and his two sons, Danny and Pat. Tony had been diagnosed with Parkinson’s and Frank, Danny and Pat decided to organize an annual golf tournament in support of PSSO. This event was held for five years.

For the past three years, Frank has been volunteering with PSSO as part of the planning team for the annual Parkinson Golf Classic. The golf tournament is an 18 hole scramble format, held at FireRock Golf Club in Komoka. It includes a BBQ lunch, dinner, prizes and a silent auction. Frank was instrumental in securing corporate supporters to provide both prizes and financial support for the event. This year’s tournament, held on May 27 resulted in record numbers – 136 participants and over $65,000 raised for PSSO.

Alicia Burrie, Frank’s girlfriend, has always been very supportive and involved with Frank’s volunteer efforts. The Office Manager at London Ice Cream Company, Alicia ensured everyone remained cool with frosty treats throughout the day, complements of London Ice Cream. Frank’s son, Francesco, owner of Castell Homes, has also supported and participated in this event for years. For both Frank and his son, there is a personal connection as well – Frank’s mother-in-law (Francesco’s grandmother) lived with the challenges of Parkinson’s for years before she passed away in 2011.

Frank continues to be involved in the tournament planning, a 6-month venture, because he feels it’s important for everyone to give back to their community and help out where they can. Frank is no stranger to volunteer work and helping out. For over 10 years he organized the ‘Callipari Charity Picnic’, an annual family and friends event where donated prizes were raffled off and the proceeds given to various non-profits. Beneficiaries of the proceeds have included the Canadian Cancer Society, Autism Society Canada, CNIB, Brain Tumour Foundation, Heart and Stroke Foundation and the Kidney Foundation.

Frank also enjoys working with the amazing team of people on the tournament planning committee, led by Bev Zaifman. “If people are aware of an issue, they’ll help out more,” he offers. “This golf tournament helps raise awareness of Parkinson’s along with the financial assistance provided to PSSO. And the money raised remains in this community. That’s important.”

Frank credits the PSSO team for the work they do. “They’re a great group of people to be involved with, and the education programs that PSSO provides opened my eyes to the various challenges that living with Parkinson’s can present.” Frank also believes that volunteering has helped him become better at communicating with sponsors, raising their awareness and showing them what their contributions to the tournament can do to help people living with Parkinson’s.
At Parkinson Society Southwestern Ontario, we appreciate our hard-working and dedicated volunteers. The Ontario Volunteer Service Awards recognizes volunteers for their undeniable contributions and continuous years of service in each support group area.

Congratulations to the following 2015 award recipients:

Brenda Anderson  
Dawn Brownlee  
Don Brownlee  
Bonnie Carter  
Debbie Chinn  
Alysia Christiaen  
Bill Cunningham  
Susan Davies  
Elise Farnham  
Jennifer Farrell  
Mary Ellen Garner  
Wayne Garner  
Kerri Haney  
Cathy Hill  
Bill Jones  
Mary Anne Kukoly  
Claire Linner  
Karen Linner  
Ken Linner  
Paige Linner  
Joe Macartney  
Merri Macartney  
Dollie Milos  
Jackie Poechman  
Liz Repuski  
Darlene Root  
Joan Skelton  
Teresa Smith  
Charlene Squires  
Patricia St. Pierre  
Rick Symonds  
Yvon Trepanier  
Meg Walden  
Wayne Walden  
Anne Walker  
John Walsh  
Gail Weiler

Brenda Anderson  
Chatham Volunteer Service Awards

Daiene Vernile (MPP Kitchener Centre), John Walsh and Kathryn McGarry (MPP Cambridge)  
Kitchener Volunteer Service Awards

Bonnie Carter  
Sarnia Volunteer Service Awards

(from left to right): Wayne Walden, Meg Walden, Vickie Thomas (PSSO), Jeff Yurek (MPP Elgin-Middlesex-London), Anne Walker, Ernie Hardeman (MPP Oxford), Mary Ellen Garner and Wayne Garner.  
Aylmer Volunteer Service Awards

Karen Linner, Ken Linner and Joan Skelton  
Owen Sound Volunteer Service Awards
Individuals are encouraged to contact the Regional Office at (519) 652-9437 (London) or 1-888-851-7376 before attending their first meeting.

<table>
<thead>
<tr>
<th>Region</th>
<th>Group Name</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td><strong>Brantford</strong></td>
<td>Brantford Parkinson’s Support Group</td>
<td>John Noble Home, 97 Mount Pleasant Rd., Brantford</td>
</tr>
<tr>
<td></td>
<td>Facilitators: Bill Flintoff &amp; Gord Jamieson</td>
<td>2nd Wednesday of each month (excluding July &amp; Aug.) 2:00 p.m. to 4:00 p.m.</td>
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<tr>
<td><strong>Cambridge</strong></td>
<td>Cambridge Parkinson’s Support Group</td>
<td>Maranatha Christian Reformed Church, 94 Elgin St. S., Cambridge</td>
</tr>
<tr>
<td></td>
<td>Facilitator: Susan Bridges</td>
<td>2nd Thursday of each month (excluding July &amp; Aug.) 7:00 p.m. to 8:30 p.m.</td>
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<td></td>
<td>Cambridge YMCA Neurological Wellness Exercise Programs</td>
<td>3X/wk., free for YMCA members, $30 +HST/month for non-members</td>
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<td></td>
<td>Facilitator: Regional Office</td>
<td>Chaplin Family YMCA, 250 Hespeler Rd., Cambridge</td>
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<td></td>
<td></td>
<td>Call Kyla Robson, (519) 623-9622 x242</td>
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<tr>
<td><strong>Chatham-Kent</strong></td>
<td>Chatham-Kent Parkinson’s Support Group</td>
<td>2nd Monday of every other month (from Jan. to Nov.) 6:30 p.m. to 8:30 p.m.</td>
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<tr>
<td></td>
<td>Facilitator: Lisa Clarke</td>
<td>Grace Christian Reformed Church, 255 Tweedsmuir Ave. W., Chatham</td>
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<tr>
<td></td>
<td>Chatham-Kent Parkinson’s SMART Exercise Program</td>
<td>Every Tuesday &amp; Thursday 10:00 a.m. to 11:00 a.m.</td>
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<td></td>
<td>Facilitator: Jane Haskell</td>
<td>Chaplin Family YMCA, 250 Hespeler Rd., Cambridge</td>
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<td></td>
<td>Call Kyla Robson, (519) 623-9622 x242</td>
</tr>
<tr>
<td><strong>Dunnville</strong></td>
<td>Dunnville Parkinson’s Support Group</td>
<td>Haldimand War Memorial Hospital (Mailloux Room), 206 John St., Dunnville</td>
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<td></td>
<td>Facilitator: Kathryn Yager</td>
<td>3rd Friday of each month 1:30 p.m. to 3:00 p.m.</td>
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<tr>
<td><strong>Goderich-Huron</strong></td>
<td>Goderich-Huron Parkinson’s Support Group</td>
<td>MacKay Senior Centre, 10 Nelson St. E., Goderich</td>
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<td></td>
<td>Facilitator: Carol McDonnell</td>
<td>1st Tuesday of each month (excluding Jan. to March) 1:30 p.m. to 3:00 p.m.</td>
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<tr>
<td><strong>Grand Bend</strong></td>
<td>Grand Bend Parkinson’s Support Group</td>
<td>Grand Bend Area Community Health Centre (Community Room), 69 Main St. E., Grand Bend</td>
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<td></td>
<td>Facilitator: Regional Office</td>
<td>Last Tuesday of each month 1:30 p.m. to 3:00 p.m.</td>
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<tr>
<td><strong>Hanover</strong></td>
<td>Hanover &amp; District Parkinson’s Support Group</td>
<td>The Village Seniors Complex Recreation Room, 101-10th St., Hanover</td>
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<td></td>
<td>Facilitator: Susan Zammit</td>
<td>3rd Tuesday of each month (excluding Jan. to Mar.) 2:00 p.m. to 4:00 p.m.</td>
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<tr>
<td></td>
<td>Young-Onset Parkinson’s Coffee Club</td>
<td>For details contact Carol Kraft at (519) 799-5204 or Michelle Napper at (519) 366-2306.</td>
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<tr>
<td></td>
<td>Facilitators: Carol Kraft &amp; Michelle Napper</td>
<td>Monthly evening meetings. Location changes with each meeting. Partners are welcome to attend.</td>
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<td></td>
<td>Hanover Parkinson’s Caregiver Support Group</td>
<td>Tommy D’s Restaurant, 294 10th St., Hanover</td>
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<td></td>
<td>Facilitator: Jane Radke</td>
<td>4th Wednesday of each month 1:00 p.m. to 3:00 p.m.</td>
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<tr>
<td><strong>Kincardine</strong></td>
<td>Kincardine Parkinson’s Support Group</td>
<td>Malcolm Place Retirement Residence, 255 Durham St., Kincardine</td>
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<td></td>
<td>Facilitator: Norma Kepmers</td>
<td>2nd Tuesday of each month (excluding Jan. and Feb.) 12:00 noon to 2:00 p.m.</td>
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<tr>
<td><strong>Kitchener</strong></td>
<td>Kitchener Parkinson’s Support Group</td>
<td>Forest Heights Long-Term Care Centre, 60 Westheights Dr., Kitchener</td>
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<td></td>
<td>Facilitator: Chloe Hamilton</td>
<td>4th Tuesday of each month (excluding July and Aug.) 11:00 a.m. to 1:00 p.m.</td>
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<td>Note: Coffee and tea are provided. Members are responsible for their own lunch.</td>
<td>Note: Although lunch is provided, donations are welcome to offset the cost.</td>
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<tr>
<td>Location</td>
<td>Group Name</td>
<td>Facilitators</td>
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<td>Leamington</td>
<td>Leamington Parkinson's Support Group</td>
<td>Laurie Stone</td>
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<td></td>
<td>Meaford and Area Parkinson's Support Group</td>
<td>Cathy McDowell</td>
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<td></td>
<td>Kitchener Parkinson’s SMART Exercise Program</td>
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<td></td>
<td>Kitchener YMCA Neurological Wellness Exercise Programs</td>
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<td></td>
<td>London Parkinson Connection Support Group</td>
<td>Tracey Jones &amp; Amanda Stark</td>
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<td>London Parkinson’s Exercise Groups</td>
<td>Katharine Wanger</td>
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<td>London Parkinson’s SMART Exercise Program</td>
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<td>London Parkinson’s SMART Exercise Program</td>
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<td></td>
<td>Kitchener Young-Onset Parkinson’s Support Group</td>
<td>Christopher Hudson &amp; Carolyn Pletsch</td>
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<td>Kitchener Parkinson’s SMART Exercise Program</td>
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<td>Sarnia-Lambton Parkinson’s Support Group</td>
<td>John Scott</td>
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<td>Sarnia-Lambton Parkinson’s Carepartner Support Group</td>
<td>Georigina Ford</td>
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<td></td>
<td>Trillium Villa Long-Term Care Parkinson’s Support Group</td>
<td>Cindy Slegers</td>
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</tbody>
</table>

**Listowel**

- Listowel Parkinson's SMART Exercise Program: 
  - Every Tuesday and Friday 2:30 p.m. to 3:30 p.m.
  - VON Office, 975 Wallace Ave. N., Listowel
  - Call Lindsay Wagg (519) 291-5898

**London**

- London Parkinson Connection Support Group:  
  - Facilitators: Tracey Jones & Amanda Stark  
  - 3rd Saturday of each month (excluding July and Aug.) 2:00 p.m. to 4:00 p.m. Trinity Lutheran Church, 746 Colborne St. (Oxford and Colborne), London

- London Parkinson's Exercise Groups:  
  - Physiotherapist: Katharine Wanger  
  - Several classes offered in alternate weeks (Wed. and Thurs.) 12:00 noon to 1:00 p.m. Parkwood Day Hospital, 801 Commissioners Rd. E., London.  
  - Note: Exercise classes are $5 per class. Call Katharine Wanger at (519) 685-4292 x42451

- London Parkinson's SMART Exercise Program:  
  - Every Monday and Thursday 2:00 p.m. to 3:00 p.m.  
  - Carling Heights Optimist Community Centre, 656 Elizabeth St., London  
  - Call Holly Wiens at (519) 659-2273 x3289 or Katie Pozzobon x2267

- London Parkinson's SMART Exercise Program:  
  - Every Tuesday and Friday 1:00 p.m. to 2:00 p.m.  
  - Cherryhill Village Mall, 301 Oxford St. W., Unit 40, London  
  - Call Holly Wiens at (519) 659-2273 x3289 or Katie Pozzobon x2267

**Meaford**

- Meaford and Area Parkinson's Support Group:  
  - Facilitator: Cathy McDowell  
  - 3rd Tuesday of each month 2:00 p.m. to 4:00 p.m. Meaford United Church, 7 Boucher St. E., Meaford

**Orangeville**

- Orangeville Parkinson's Support Group:  
  - Facilitator: Kersty Franklin  
  - 2nd Wednesday of each month 7:00 p.m. to 8:30 p.m.  
  - Alzheimer Society, 25 Centennial Rd., Orangeville

**Owen Sound**

- Owen Sound Parkinson's Support Group:  
  - Facilitators: Kylie Pike & Bevan Lougheed  
  - 2nd Tuesday of each month 2:15 p.m. to 3:30 p.m.  
  - Community of Christ Church, 2555 8th Ave. W., Owen Sound

- Owen Sound Parkinson's SMART Exercise Program:  
  - Every Tuesday and Thursday 1:00 p.m. to 2:00 p.m.  
  - First United Church, 435 21st St. W., Call Jill Thurston at (519) 371-5331 x227

**Sarnia-Lambton**

- Sarnia-Lambton Parkinson’s Support Group:  
  - Facilitator: John Scott  
  - 4th Wednesday of each month (excluding June, July, Aug. and Dec.) 2:00 p.m. to 4:00 p.m. Strangway Centre, 260 East St. N., Sarnia

- Sarnia-Lambton Parkinson’s Carepartner Support Group:  
  - Facilitator: Georigina Ford  
  - 2nd Monday of each month 10:00 a.m.  
  - Grace United Church, 990 Cathcart Blvd., Sarnia

- Trillium Villa Long-Term Care Parkinson’s Support Group:  
  - Facilitator: Cindy Slegers  
  - Monthly on Residence Schedule Trillium Villa Activity Room, 1221 Michigan Ave., Sarnia
Parkinson’s Support Groups

Do you or someone you know have Parkinson’s?

Parkinson Society Southwestern Ontario has a large network of support groups for people living with Parkinson’s, their carepartners and loved ones. New members are always welcome.

A support group can be a very effective tool for enhancing your ability to cope with the challenges of Parkinson’s. Parkinson’s support groups can help provide knowledge, understanding, hope and a sense of community.

Contact Catherine Burton at 1.888.851.7376 or catherine.burton@parkinsonsociety.ca to find out about your local support group or how you can become a facilitator.
Cambridge Parkinson’s Support Group
Thank you, Marie Wolf, for facilitating the Cambridge Parkinson’s Support Group for the last few years. Marie’s kindness and caring manner helped make members feel welcome and comfortable in the group.

Susan Bridges is looking forward to facilitating the Cambridge Parkinson’s Support Group, starting this fall. Susan brings a wealth of information on numerous seniors’ issues. She has experience working in Long Term and Retirement Facilities. After being responsible for her own grandparents’ needs, Susan became passionate about home care. She brought the Comfort Keepers Home Care for Seniors brand to Cambridge and area in 2010. Susan has chaired several Parkinson SuperWalks and has co-facilitated the Brantford Parkinson’s Support Group. Welcome back Susan!

Leamington Parkinson’s Support Group
Laurie Stone began as facilitator of the Leamington Parkinson’s Support Group in the fall of 2014. Laurie enjoys the Leamington Parkinson’s Support Group members for making the meetings energetic, informative, friendly and supportive.

Laurie’s past experience is an asset in her role as facilitator. She has been a member of the Windsor Parkinson’s Support Group for four years and has taken the Parkinson Education Program (PEP) for Community Caregivers training. Laurie also has a certification from St. Clair College Social Service Work in Gerontology. She did her internship at the Canadian Hearing Society. Welcome Laurie!

Kitchener Young Onset Parkinson’s Support Group
Carolyn Pletsch is an adult educator and consultant with a background in human resources and business development. A long-time resident of Guelph, Carolyn currently writes, edits, photographs and also works as webmaster of www.weaccess.ca. Welcome Carolyn as co-facilitator of the Kitchener Young Onset Parkinson’s Support Group.

Chatham-Kent Parkinson’s Support Group
Thank you to Ryan Jershy and Katelyn St. Amand for facilitating the Chatham-Kent Parkinson’s Support Group. Ryan and Katelyn did a great job keeping the group well informed as well as booking dynamic speakers.

Lisa Clarke joins us as support group facilitator for the evening Chatham-Kent Parkinson’s Support Group. Lisa brings knowledge and experience in the areas of special needs, first aid, fitness and mental health. She is currently a special education teacher. Lisa has been involved with Parkinson Society Southwestern Ontario since her father’s Parkinson’s diagnosis. Welcome Lisa!

Regional Support Group News

Gift Planning is the act of planning a gift to Parkinson Society Southwestern Ontario. Here are ways to make a difference through a bequest:

· Invest in PSSO’s greatest needs
· Contribute to a specific program
· Donate to research and help find a cure
· Commemorate a life

Making your gift of hope for today and tomorrow is easy. Call 1-888-851-7376 or email shelley.rivard@parkinsonsociety.ca.

The Parkinson Legacy

When you make a gift of securities, you not only benefit from the tax credit, but you also avoid paying tax on capital gains accumulated on the securities. In order to take advantage of the capital gains tax reduction, you need to donate the securities directly to the charitable organization rather than selling the securities and donating the proceeds of the sale.

If you own publicly traded securities or mutual funds, you may want to consider donating the securities or mutual funds directly to Parkinson Society Southwestern Ontario.

For more information, please contact Shelley Rivard at 1-888-851-7376 or shelley.rivard@parkinsonsociety.ca.
# 2015 Regional Parkinson’s Event Calendar

## August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>18</td>
<td>Webinar – Dr. Naomi Visanji</td>
<td>Relevance of Pre-Motor Symptoms in Parkinson’s Disease&lt;br&gt;Time: 12:00 noon - 1:00 p.m.&lt;br&gt;For further information, go to <a href="http://www.parkinsonsociety.ca">www.parkinsonsociety.ca</a></td>
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## September

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<tr>
<td>4</td>
<td>Parkwood Education Program (London)&lt;br&gt;[519] 685-4292 ext. 42202&lt;br&gt;2015 Dates: September 4 – October 9; November 6 – December 11</td>
<td>For further information, please call Terri Lebate: [519] 685-4292 ext. 42202&lt;br&gt;2015 Dates: September 4 – October 9; November 6 – December 11</td>
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<tr>
<td>20</td>
<td>Parkinson SuperWalk</td>
<td>Oxford County – South Gate Centre&lt;br&gt;Sarnia-Lambton – Stoke’s Bay Grill &amp; Bar&lt;br&gt;Visit <a href="http://www.parkinsonsuperwalk.ca">www.parkinsonsuperwalk.ca</a> for more details</td>
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## October

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<tr>
<td>15</td>
<td>Webinar – Dr. Mark Carpenter</td>
<td>For further information, go to <a href="http://www.parkinsonsociety.ca">www.parkinsonsociety.ca</a></td>
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<tr>
<td>28</td>
<td>Fall Regional Parkinson’s Conference</td>
<td>The Hellenic Community Centre, London&lt;br&gt;133 Southdale Rd. W. (see page 17 for details)</td>
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## November

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<tr>
<td>7</td>
<td>Annual Hessenland Country Inn Novemberfest</td>
<td>72981 Bluewater Highway, RR#2 Zurich ON&lt;br&gt;Time: 6:00 p.m. Cost: $50 per person&lt;br&gt;Proceeds from the silent auction go to Parkinson Society Southwestern Ontario&lt;br&gt;For more information, call 1-866-543-7736</td>
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## December

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<tr>
<td>9</td>
<td>Holiday Open House</td>
<td>2:00 p.m. – 4:00 p.m.&lt;br&gt;Parkinson Society Southwestern Ontario Regional Office&lt;br&gt;117-4500 Blakie Road, London&lt;br&gt;RSVP by calling [519] 652-9437 or 1-888-851-7376</td>
</tr>
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## A Guide to the Non-Motor Symptoms of Parkinson’s Disease

This guide will help you learn more about non-motor symptoms and discuss how you can recognize them. It will help you and your doctor identify the symptoms and best treatment plan.

For a copy of the guide, go to www.parkinsonsociety.ca, call 1-888-851-7376 or email info@parkinsonsociety.ca.

## Wanted: Volunteer Trainers for PEP for Community Caregivers

We are currently looking for healthcare professionals (OT, PT, RN, Pharmacists, etc.) interested in being trained to give effective Parkinson’s In-Service Presentations in their own communities. Trainers ensure that people living with advanced Parkinson’s receive better quality care so that they can live with dignity in their home and healthcare facilities.

For more information, contact Catherine Burton at 1-888-851-7376 or at catherine.burton@parkinsonsociety.ca.
We offer our sympathy to the families whose loved ones have passed away between the months of January and May 2015.

We make every effort to include all members who have passed away. We sincerely apologize if any individual was inadvertently omitted from the above list. Please call and let us know if we have missed anyone and we will include their name in our next issue.

George Ahrens
Thomas Armstrong
Ann Baird
Florence Banbury
Eugene Bell
Barry Bellman
Robert Bennett
Rose Bilbo
Robert Binning
Evelyn Bougler
Barbara Brown
Augusto Cabrita
John Cain
Merle Cameron
Ted Cameron
Ralph Capstick
Reta Carson
Marion Case
Ivan Cavin
Robert Chaffe
Merlin Clark
Donald Collins
Carl Colwell
Ilse Daniel
Jannetje De Bruin
Arthur Dewbury
Eva Dixon
Francis Dowling
Phyllis Dundas
Helen Fallowfield
Duane Fenwick
John Fleischmann Sr.
Lloyd Fyke
Freddie Gagnon
Sterling Gee
Jean Gosnell
Roberta Graham
Wilbur Griffin
James Griffiths
Lorene Grosicki
Shari Hasilo
Mary Heipel
Harlow Haskell
Clarice Hughes
Yvonne Hunt
June Inkster
Gwen Janes
Aaron Jantzi
William Johnson
Carole Johnston
Frederick Johnston
Bill Jones
Vera Joseph
Geraldine Jubenville
George Kay
Ernest Kerr
Margaret Kew
Lewis Kiefer
Michael Kinahan
Ronald Kingham
Frances Kints
Sie Kislinsky
Harold Knight
Doris Laforge
Marguerite Lahey
Jacqueline Lambky
David Lane
Wallace Leckie
Dr. James Leslie
Fred Leu
Anne Lowry
Irene Lowry
Valorie MacEachen
George MacIntyre
Eileen Maisonneuve
Luigi Marini
Anna Martin
Patricia McCourtie
Carol McLean-Hearn
Jack McVicar
Harry Meadows Jr.
Joyce Merritt
Betty Milligan
Maruice Mitchell
Patricia Moore
Margaret Murphy
Robert Nanson
Dolores Newham
Betty Nicholson
Bill O’Brien
Howard Ouellette
Jean Pace
Margaret Parry
Murray Patterson
Kitchener Pavlick
John Pavlinak
Norman Pearse
Michael Peddle
Alice Perritt
Clarence Phillips
Phil Phillips
Mary Porter
Joyce Potts
Laura Pownce
Elizabeth Pugsley
Merle Rhody
Edward Robinson
Lina Roccasecca
Wilfred Roy
Angela Sanders
Donald Sanderson
Matilda Sanger
Bernard Semelhago
Aimee Sennett
Barbara Small
Roy Snyder
Raymond Souter
Gerald Staples
Peter Stol
James Swartman
Patrick Sweeney
Dorothy Tamblyn
Dorothy Taylor
Ethan Taylor
Kathleen Thibodeau
Bill Tinholt
Sheila Tomlinson
Todor Trifunovic
Ronald Umphrey
George Van Den Driessche
Lambert Vanhooren
Anne Voisin
Jeanne Walker
Sylvia Walker
Allan Ward
Ethyle Watts
Helen West
Wilda Widicus
Ross Wilson
Gordon Workman
Howard Wright
Ken Wright
Nicholas Yust

Clinical Application of the Canadian Guidelines on Parkinson’s Disease

This online learning module will educate physicians on how to apply the recommendations in the Canadian Guidelines on Parkinson’s disease to their clinical practice in order to properly identify symptoms of Parkinson’s and how to implement an appropriate treatment and management plan for patients.

This program is accredited by the College of Family Physicians of Canada for up to one Mainpro-M1 credit. Register online at: www.parkinsonclinicalguidelines.ca/education

The Canadian Guidelines on Parkinson’s Disease provide healthcare professionals with a detailed understanding of Parkinson’s. The guidelines are intended for a broad range of health professionals including family physicians, neurologists, nurses, movement disorders specialists, allied health professionals (e.g., occupational therapists, physiotherapists, speech language pathologists) and other specialists. The Clinical Guidelines on Parkinson’s disease will increase knowledge and will guide the diagnosis and treatment of Parkinson’s.

For more information or for a copy of the guidelines, go to www.parkinsonsociety.ca or email info@parkinsonsociety.ca.
Volunteers made a huge difference in the success of Signatures – A Taste of London’s Best. (from left to right): Linda Libis, Jan Hunter, Pat McNally, Emily Kovacs and Andrea Baird.

Marvel Beauty School volunteers love spending a day at the Cut-A-Thon for Parkinson’s.

Help us reach new heights ... Volunteer Today!

Call 1-888-851-7376 or email info@parkinsonsociety.ca to find out about volunteer opportunities in your community.

Parkinson Society Southwestern Ontario Société Parkinson Sud-Ouest de l’Ontario

Recycle and Create Awareness
When you have finished reading this newsletter, please pass it on by leaving it in a library, or a waiting room of a doctors’ office, or give it to a friend.