MISSION STATEMENT

Parkinson Society Southwestern Ontario is the voice of people living with Parkinson’s in Southwestern Ontario. Our purpose is to ease the burden and find a cure through support services, education, advocacy and research.

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Front Cover Photo:
Parkinson Society Southwestern Ontario awarded student research grants to Olivia Samotus, Thea Knowles and Andrew Vo. Read about current research on page 10-12.

A special thanks to PRINT for their significant contribution to this newsletter.

Parkinson Society Southwestern Ontario had an amazing 2017 with significant accomplishments towards creating a better life and brighter future for those living with Parkinson’s. We could not have done this without you.

WALK-IT for Parkinson’s experienced significant growth this past year which resulted in $421,000 being raised in support of LOCAL programs and research. Thank you to all our participants, volunteers, donors and sponsors.

As we kick off 2018, our hope is that every person living with Parkinson’s and every CarePartner in Southwestern Ontario know that they are not alone on their journey. We’re in this together.

Through the use of technology, we want to reach out to as many people as possible in Southwestern Ontario with our monthly Webinar Series. Webinars are a great way to connect with people, and also to learn from a distance. Our healthcare professionals will speak about a variety of Parkinson’s topics, including Medication Tips, Botox Injections, Driving, Deep Brain Stimulation and much more!

During April, Parkinson Awareness Month, our theme will be Parkinson’s and Mental Health. This year we will be coming to you to offer full-day educational conferences, Living Well Conferences: Parkinson’s and Mental Health (see page 18). Conferences will take place in four locations: Sarnia, London, Grey Bruce and Kitchener. Our healthcare professionals (i.e., neuropsychologists) will present in the morning followed by a panel discussion in the afternoon. These community events replace our Spring Regional Parkinson’s Conference in order to reach more people living with Parkinson’s in Southwestern Ontario. However, stay tuned for details on our Fall Regional Parkinson’s Conference to be held in Kitchener-Waterloo.

For CarePartners, we have days just for you! CarePartner Workshops allow you to gain insight into the benefits of connecting and sharing with other family CarePartners. You will also obtain knowledge on self-care strategies, Parkinson’s and resources available in the community.

We continue to inspire hope through the Graduate Student Research Scholarships. We invite you to join us at our Medical Reception on April 11, where we will announce the award recipients (see page 5 for details).

Thank you for believing in Parkinson Society Southwestern Ontario and supporting locally. Together we are making a difference in our communities!

Sincerely,
Shelley Rivard

PSSO Team (left to right): Joanne Bernard, Manager of Administration; Kaitlin Garbutt, Coordinator, Programs and Services; Jessica Halls, Community Development Coordinator; Vickie Thomas, Coordinator of Volunteer Development & Administration; Shelley Rivard, CEO; Lisa Nixon, Coordinator, Programs and Services; Steve Hickson, Coordinator of Special Events.
Check Out our Monthly Parkinson’s Webinars!

Parkinson’s webinars are **online workshops** with expert speakers providing information on important Parkinson’s-related topics.

**Benefits to webinars:**
- **Convenience**
  Speakers and participants do not travel to participate.
- **Cost Effective**
  There is no expense of booking meeting space.
- **Informative**
  A question and answer period follows the presentation.
- **Easy**
  No type of special equipment is needed.

**How to participate:**

1. Go to parkinsonsociety.ca/events and select a webinar.
2. Click Register.
3. A confirmation email will be sent to you with simple instructions.
4. After the webinar you will receive a recording to review at your leisure.

See page 30 for dates and topics. Call 1-888-851-7376, email kaitlin.garbutt@parkinsonsociety.ca or go to parkinsonsociety.ca for more information.
Don’t settle for just living well. Instead, choose to live an amazing life with Parkinson’s or, for that matter, with any other life-changing condition.

**How is that possible?**

It means doing whatever it takes to slow the progress of this disease, or any other condition, including:

- Put only healthy things into your body.
- Exercise every day beyond your comfort zone.
- Maintain a positive attitude and be engaged.

It would behoove anyone, with or without an adverse life-changing event, to adopt these life principles. However, enduring the residual and ongoing effects of such an event increases the necessity.

These things are not always easy to do. In fact, they are often very hard, but you HAVE to do it. You have no choice. This is your new JOB. Not one that you applied for or sought out in any way, but one that you obtained just the same.

This life is not a dress rehearsal. It is the live production. Each of us has the power and strength within us if we dig deep enough. Dig deep.

This is what I talk about in my inspirational, motivational and educational presentations around the world.

First, schedule what and when you will be eating each day. Simply put, watch lots of documentaries (e.g., *Food Matters*, *Forks Over Knives*, *Vegucated*, *Hungry For Change* and *Fed Up*). They will change your thinking about what you put in your body.

Second, schedule your exercise plan for the week. You need to perform daily exercises that result in stretching, sweating and strengthening beyond your comfort zone. I also recommend hot yoga, deep-tissue massages plus some additional strength training. You will need to get used to the hot yoga environment. For me yoga has done wonders.

Third, I only spend time with positive people, read inspirational information and watch uplifting programs, including, you guessed it, documentaries (e.g., *I Am* and *Happy*). I have focused upon the ‘silver lining’ and not the dark cloud that is Parkinson’s. I have worked through, and am still working through, the emotional roller coaster of denial, disbelief, shock, embarrassment, anger, sadness, disappointment and depression. I have not just accepted Parkinson’s in my life, but have actually embraced it.

Finally, stay engaged. I am a professional speaker, author and teacher now, instead of an attorney. I get to influence young minds by speaking on success at schools and other organizations. I get to travel the world teaching my ‘12 decide success principles’ (my book is titled *Decide Success: You Ain’t Dead Yet*). My aim is to inspire people who have had adverse or tragic life-changing events, including (but not exclusively) being diagnosed with Parkinson’s or having a loved one diagnosed with Parkinson’s.

I am a different person than I was pre-Parkinson’s. Some have said, “A kinder, gentler John Baumann.” One set of blinders has been removed. I see things that I have never noticed before concerning what really matters in life. I am not as interested in material things. I have a whole new set of ‘real’ friends in the Parkinson’s, yoga and fitness community that I have bonded with, thanks to our common issues and passions. I feel like I am making a difference.

My life has purpose and I am focused upon leaving a legacy. In addition, I am more physically fit than I have ever been in my life. I have lost 40 pounds that I knew I needed to lose but never even tried. My bad cholesterol level is down from 180 (very high) to 105 (normal). The unbelievable part is that I have had this degenerative, progressive, irreversible, neurological, incurable disease for almost 13 years. You would not know it by looking at me (at least most of the time).

Finally, and most importantly, during my journey with Parkinson’s, I met and married my love, my chef, my workout partner, my friend, my sidekick, my wife, my Bernadette. I truly am living an amazing life with Parkinson’s. So can you.

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To view John’s Presentation from the Fall Regional Parkinson’s Conference, go to www.parkinsonsociety.ca/videos-and-audios
It began with tremors in his right arm. And then a loss of his sense of smell. Fifteen years ago at age 57, Jerry McDonnell was diagnosed with Parkinson’s.

Having led an active life, Jerry wasn’t about to let Parkinson’s get in the way. As a result, he continues to adapt what he does to fit with the changes he is experiencing. Jogging isn’t in the cards for him any longer, he walks a little slower than he used to, his eyesight isn’t quite what it once was and he does tire easily. But he continues to work out as well as he can, and he swims regularly.

Jerry also participates in regular yoga sessions, where he, with a supportive yoga instructor, has been able to adjust the yoga positions to suit what he needs right now. Jerry states, “Between swimming and yoga, I’m not as stiff and my symptoms are easier to manage. Exercise is so important to remaining mobile when you are dealing with Parkinson’s.”

Jerry can often be seen helping out at the Goderich Co-op Gallery where he also displays his stunning photography work of aged architecture and old buildings from around the world and here at home. Jerry has travelled throughout Europe, North Africa, Turkey and Ontario, capturing the history and beauty of the world we live in. He is grateful that he can continue to live his passion. According to him, all he needed was a smaller camera to hold (see Jerry’s work at: http://www.gcgallery.ca/index.html).

Jerry and his wife of 48 years, Carol, recently brought the first WALK-IT for Parkinson’s to Goderich to help raise both awareness and funds to fight the disease. WALK-IT for Parkinson’s is a 3 km walk along a calming beachside boardwalk. The walk raised $17,900 for Parkinson’s and brought in over 100 participants. Plans are already underway for next year’s event, where they are hoping for 150 walkers and of course, record-setting donations.

Jerry has sound advice for anyone who has recently been diagnosed with Parkinson’s: “Find a local support group. It’s a great place to learn about the disease and share our successes and challenges as we navigate this unexpected journey. We learn from each other what works, as well as what might not work. We understand and support each other. And we always remain active. Exercise is essential to lessening the symptoms. Some days it’s a challenge to keep moving, but it’s worth it.”

Written by Cheryl Losch, Volunteer, London

**The Parkinson Legacy**

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.

**Medical Reception**

Celebrate **World Parkinson’s Day** and honour our **Medical Partners** in the Southwestern Ontario community. Our 2018 **Graduate Student Research Program** recipient(s) will be announced.

**Wednesday, April 11, 2018**

6:30 p.m. – 8:00 p.m.

Michael’s on the Thames
(1 York St., London)

Wine & hors d’oeuvres will be served

Please RSVP by March 23, 2018 by contacting Shelley at 1-888-851-7376 or shelley.rivard@parkinsonsociety.ca.
What steps should be taken when you are trying to find a good movement disorder specialist?

All movement disorder specialists in Canada are good. Therefore, I would not be concerned with the need to find a specific good movement disorder specialist. When you qualify as a movement disorder specialist, it is already clear that you have had specific fellowship level training in the field of movement disorders and therefore, you are competent at managing Parkinson’s disease.

However, there is a significant shortage of physicians who are qualified and fellowship-trained in movement disorders. Therefore, many Parkinson’s patients will not be able to gain access in their region to somebody with movement disorder specialty. Therefore, care needs to be provided often by general neurologists, geriatricians and even internal medicine specialists. However, it is important to understand that this care may not be the same as the care provided by a movement disorder specialist, especially if the specialist has access to multi-disciplinary care as well. The ability of the patient and caregivers to keep on top of what is happening really depends on the involvement of the patient and the family. In busy clinical practices, it is often difficult for general specialists to offer this level of care.

Keeping up to date by reading the information available on patient support group websites, and going to support group meetings can also help us understand how other patients are being managed. In such an environment, you may be able to meet someone who is being managed by a movement disorder specialist. I generally do not encourage comparing notes of your own management by your doctor with that being done by others. However, it is possible to learn from others about new interventions. Then the patient, or the family member, can ask educated questions of their local specialist even though that person may not be a movement disorder specialist.

Of course, the traditional way of getting a referral is the only way that a patient can be seen in the Movement Disorder Centre. Therefore, a family physician or any other physician looking after the patient is referred to a movement disorders clinic. Because of the shortage of movement disorder specialists overall, that appointment may take many months. In the interim, management has to be provided by the patient’s own physician. In addition, regular follow-up on day-to-day issues may not always be possible at the Movement Disorders Clinic. This must be managed by the patient’s general doctor.

I would say that at this time, a large number of patients are being managed by the Movement Disorder Centre, but a significant number are also being managed by their local communities. Other aspects such as driving to the Centre, seasonal issues, travel outside the country are all important quality of life issues before determining whether or not you do need to go to a movement disorder specialist.

Will the drug Primidone help my Parkinson’s tremor?

Primidone is used for treatment of essential tremor. However, one of the characteristics of essential tremor is its postural or movement-dependent components. What this means is that the tremor is present when an action is being performed. Although this is not typical of Parkinson’s disease, many patients who have the classical rest tremor of Parkinson’s disease can also have positional and action tremor if the tremor is large enough. When this happens activities of daily living such as cutting food, doing up buttons, drinking soup, etc. are all affected. There are data that show that drugs used for the treatment of postural tremor (which is seen in essential tremor) can also help with postural tremor of Parkinson’s disease. Primidone and beta blockers are examples. Therefore, it is possible that your neurologist or physician will use drugs classically used for treatment of essential tremor for the treatment of postural or action tremor of Parkinson’s disease.

This is not common practice because postural and action tremor of that severity is not very common in Parkinson’s disease. However, I have used this strategy in some patients with mixed success.
The Aware in Care kit is designed to protect, prepare and empower people with Parkinson’s before, during and after a hospital visit. Each kit contains tools and information to help advocate and plan for a hospital stay, whether it is a planned visit or an emergency.

Pack the Aware in Care kit with your medications. The kit contains:

- **Hospital Action Plan** – helps prepare you for your next hospital visit.
- **Parkinson’s ID Bracelet** – wear at all times in case of an emergency.
- **Medical Alert Card** – complete and place in your wallet.
- **Medication Form** – complete and keep copies in your kit.
- **Parkinson’s Fact Sheet** – share with hospital staff so a copy can be placed with your chart.
- **I Have Parkinson’s Reminder Slips** – share vital information about Parkinson’s with staff.
- **Thank You Card** – present to a staff member who provides high quality care.
- **Magnet** – use to display a copy of your medication form in your hospital room.

The Aware in Care kit is $50 or free to monthly donors (plus shipping where applicable). Call 1-888-851-7376 or email info@parkinsonsociety.ca to request your Aware in Care kit.

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**Ask The Expert**

- **Have there been any studies of acupuncture relieving symptoms of Parkinson’s disease?**

  There have indeed been studies in using a variety of other methods, such as chiropractic manipulation, acupuncture and massage therapy in Parkinson’s disease. However, most of these studies are not blinded and have not been done in a rigorous enough fashion of randomization and control to determine whether such treatment should be prescribed regularly for the treatment of Parkinson’s disease. Pain can be an important part of Parkinson’s disease and certainly acupuncture and such therapies can help with pain control. Therefore, whether the treatment is actually helping Parkinson’s symptoms or helping secondary symptoms is difficult to understand. I do not specifically recommend any of the treatments because many of them require patients to pay out of pocket. With the lack of very reliable data, it is difficult to make someone pay for such treatments.

- **The most important thing is that there is no harm done by acupuncture, massage therapy or any other such form of rehabilitation. Therefore, if the patient has coverage and is able to get such interventions, at the moment they are not known to do any harm.**

- **Is there an underlying biological relationship between Parkinson’s disease and diabetes?**

  This relationship of sugar control and Parkinson’s disease has been investigated for many years. Brain cells depend completely on glucose in their metabolism. The cells involved in Parkinson’s disease and the degeneration that occurs in them are those cells where the activity of the cells is very high. Therefore, it is possible that there is some glucose or sugar-related impact on Parkinson’s disease itself. Also, diabetes can cause vascular injury. It is possible that vessel injury can occur. This may result in reduced supply of oxygen and glucose to areas of the brain that need a lot of it. Again, there is an indirect association with development of Parkinson’s disease.

  Finally, diabetes can also cause general vascular injury and strokes. This can certainly complicate a patient’s Parkinson’s disease.

  Therefore, at the moment, there really isn’t a specific risk stratification that we use diabetes to determine whether a patient is at higher risk of Parkinson’s disease or if the Parkinson’s disease will worsen if their diabetes control is poor. There are many other deleterious effects of diabetes specifically.

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**Be Prepared for Hospital Stays with the Aware in Care Kit**

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I am David, my wife is Jane, and we live in Cambridge Ontario. Jane was diagnosed with Multiple Sclerosis (MS) 29 years ago. I followed with a diagnosis of Parkinson’s (PD) 15 years ago. Over the years we have learned to be each other’s caregiver, one of us helping the other on days when required and vice versa. Having a caregiver on site 24 hours a day is quite different, but it has worked well for us and certainly has its benefits. Unfortunately after all these years, the ravages of MS and PD are now taking their toll on us, and we are unable to perform as well as we did in the past. However, we are constantly being told that we are amazingly fit and healthy given our combined 44 years of chronic illness challenges, as well as being regularly asked if we have any secret strategies we can pass on. In fact almost from the outset we set for ourselves two strategies. One is an extreme exercise program and second is a strategy we devised ourselves, one we have never heard of or come across elsewhere. We believe these two strategies are responsible for our having been able to enjoy a much better quality of living than others with PD and MS.

AN EXTREME EXERCISE PROGRAM
For the first nine years after my diagnosis, I dedicated myself to the following program, week in and week out, rarely missing a day. I walked 36 kms every week, plus, for one hour three times per week, I attended exercise programs which have been researched at the local university and found to be the exercises most beneficial for PD sufferers. I also spent seven hours per week at the local gym, plus one hour five days per week in an exercise program, aimed at improving balance and strengthening all body parts from head to toe. While not as aggressive, Jane also far exceeded normal levels of exercise. These days we are limited as to how much we can accomplish, but we still do as much as we can and we will follow that creed as long as we can. Wow, just thinking of that program makes me feel out of breath! It was tough all the way through but we are fully satisfied that our quality of life then and now has benefitted greatly as a result.

LAUGH YOUR WAY THROUGH LIFE
This is our strategy, which is most unusual. While its effect on chronic illnesses cannot be measured, based on our experience we think it is significant. SMILE, SMILE, SMILE all day long. We refuse to be negative. Have fun wherever you go. Crack jokes. Only see the bright side of life. Live a life full of fun. Rather than being down remember you can always see other people who are far worse off than you are. We constantly remind ourselves of our major motto: “We are going to laugh ourselves through life and on the way out”.

CAREGIVER CHALLENGES
Anyone reading this article will be well aware that caregiving is a completely thankless task. First of all we would like to take our hats off to caregivers everywhere. It’s not a job anyone aspires to do. You do not go to school or study in advance for a caregiver’s position. It’s ‘ready or not you got the job.’ Unlike other trades or professions, we have no ‘caretaking heroes’ like Wayne Gretzky to idolize. To be a caregiver you have to be a master of many trades, ready to work any and all the 24 hours in each day. You will of course receive no pay at all, let alone expect double pay for overtime. Just consider how much it would cost if all caregivers received a fair wage.

CAREGivers CAN GET GREAT REWARDS
Looking on the bright side, despite all these unreasonable challenges, we caregivers battle doing what we have to do with dedication and compassion for our stricken relatives and closest friends. From time to time we receive a big smile, a genuine thank you and maybe a big warm hug which gives us our reward and makes our efforts worthwhile.

Additional Tips From David:
PACE YOURSELF TO THE EXTREME. Take on only the absolutely necessary tasks. PD and MS sufferers must pace themselves to the utmost degree. Take on only what you can handle.

Before going any further please keep in mind that we have no medical training whatsoever, so please get appropriate professional advice before setting out on any new major programs.
I attended the World Parkinson Congress in Portland, Oregon in 2016. One session I attended indicated that current research on Parkinson’s suggested that rigorous exercise combined with challenging cognitive tasks had beneficial effects on the disease.

Fate intervened when we toured the exhibit hall and watched a demonstration of Rock Steady Boxing (RSB). Both instructors and participants with Parkinson’s enthusiastically showed how they could not only participate, but also thoroughly enjoy the exercise and the camaraderie.

When I suggested that my husband might benefit from Rock Steady Boxing, he stared at me in disbelief, likely for three reasons:

1. He is the ‘brains’ and I am the ‘brawn’ of this partnership.
2. He’s a lover, not a fighter.
3. Why would someone with a neurological condition put himself at risk of being hit in the head?

After reading about RSB and watching a video, I was convinced that he should try it. Fate again intervened and a Rock Steady Boxing franchise began February 2017.

After volunteering for the program for four months, and my husband’s participation for six, what did I discover about Rock Steady Boxing? Why is the program expanding? Is it helpful for people with Parkinson’s?

The program provides:

**COMMUNITY** - Everyone understands the challenges caused by the disease and is not judgmental.

**INCLUSIVITY** - All ages and levels of ability are welcome. Some participants are more sedentary than others. Our members range in age from 40-76. Everyone is assessed prior to starting the program to ensure it is right for them and that they work at their own pace. There is even a regular RSB participant in the U.S. who is 90 years old!

**SUPPORT** - Participants ‘compete’ in a friendly way, cheer each other on and show concern if one member is struggling or is unable to attend a session. They share questions and practical strategies for managing Parkinson’s.

**COMMUNICATION** - The program encourages proper (and loud!) use of voice and breathing throughout the class.

**COGNITIVE STIMULATION** - Participants count forward and backward, react to rapid changes in movement, respond to directions provided by the instructor and learn to do something new (boxing). Each session is different.

**PERSPIRATION** - Everyone works to their full potential to gain strength, flexibility and balance. It’s hard work!

**FUNCTION** – People with Parkinson’s have commented that the program helps mood, results in increased strength and endurance for daily activities and gets them moving in the morning. Some members state they are able to do tasks at home that they had lost the ability to perform, such as getting out of a chair or bathtub, reducing the frequency of falls and increasing overall energy.

**LAUGHTER** - What I most often hear about the program is: I love it. It’s a lot of fun.

**INSPIRATION** - The participants are amazing, motivated, energetic and they rarely complain (far less often than the volunteer!).

**HOPE** - There are improvements in some of the members over time. Even though Parkinson’s is progressive and incurable, that doesn’t mean that becoming more fit, improving function and having a great time doing so is out of reach.

Come and see us in action. Volunteer to be a corner man, tell someone with Parkinson’s about Rock Steady Boxing or participate yourself.

**3-2-1 ROCK STEADY!!!**

*Brenda Lipson, London*

*Note: To find out more about Rock Steady Boxing near you, contact Lisa Nixon at lisa.nixon@parkinsonsociety.ca or 1-888-851-7376.*
For patients living with Parkinson’s disease (PD) for an average of 10-15 years, axial motor symptoms such as gait dysfunction, freezing of gait (FOG) and postural instability are common and can induce significant disability and reduce quality of life. Benefits of dopaminergic therapy, such as levodopa and deep brain stimulation, are limited and unpredictable for such motor symptoms. Spinal cord stimulation (SCS) is an implantable neuromodulation device that is used to send electrical activity to select areas of the spinal cord and is routinely used to treat chronic pain.

Recent case studies in just 28 PD patients worldwide over the past five years have shown SCS may be a new therapeutic approach for treating gait and balance impairments. However, more research is needed to understand which aspects of gait do improve and how the SCS device should be programmed to produce these beneficial results for gait.

Our pilot study followed five advanced PD patients over six months. We observed 38.8% improvement in step length, 42.3% improvement in walking speed and a significant reduction in the number of FOG episodes, from 16 episodes before surgery to 0 after six months of SCS. These results were captured using the gait carpet in our laboratory at University Hospital (London Health Sciences Centre). In addition, a 50.3% improvement in the time to go from sit-to-stand was achieved after six months of using SCS, suggesting a significant reduction in body bradykinesia (slowness of voluntary movements). We also reported that, after six months, our five PD patients demonstrated a 71.4% improvement in confidence in completing daily activities inside and around the house.

As SCS is simple, minimally invasive and a programmable outpatient treatment, SCS may be suitable for a larger population of PD patients suffering from significant gait impairments. Thus, we are currently recruiting and investigating the effect of SCS in at least 20 more patients with significant gait dysfunction, including FOG, while optimized on their current anti-PD medications (e.g., Levodopa). Patients who are possible candidates for SCS therapy must be seen by Dr. Mandar Jog in clinic to ensure eligibility for this study.

We will assess changes in mobility using our gait carpet and a full-body motion capture suit to measure body movements and changes in PD symptoms, such as bradykinesia, during simple walking tasks before SCS surgery and up to one year after SCS surgery.

Olivia Samotus is one of the recipients of the 2017-2018 Parkinson Society Southwestern Ontario Graduate Student Award*. She will continue to focus on understanding how SCS affects PD gait and to investigate the possible mechanisms as to how SCS may be improving gait in our PD patients. We are very hopeful SCS may be a novel and less invasive therapeutic option for treating gait impairments in advanced PD patients.

If you are interested in finding out how you can participate, please contact Olivia Samotus at 519-685-8500 x32059.

*The Graduate Student Research program is part of a strategic initiative through Parkinson Society Southwestern Ontario to encourage young scientists to enter the field of Parkinson’s research and to invest in research and training that offer promise for future work in the area of Parkinson’s. To find out more about the program, go to https://parkinsonsociety.ca/research/
Jog Your Memory - It Isn’t Just A Saying!

As we age, many of us will experience some degree of memory loss or cognitive impairment, but that doesn’t mean we have to sit back and accept it! Exercise has been shown to improve cognitive outcomes as well as physical capacity and mobility. But not just any kind of exercise. A combination of both aerobic (e.g., jogging, biking, walking) and resistance (e.g., lifting weights, exercise bands) has shown the most impressive results, proving more effective than either type of exercise on its own. Not only will this improve our physical functioning, but research shows that such physical exercise can actually improve our brain function as well.

Additionally, cognitive training (i.e., brain games) has been shown to improve cognition, mobility and postural control. We’ve all seen the TV commercials for websites like Lumosity. It turns out that these types of training programs are in fact helpful in improving brain function. What’s even more amazing is that some studies have shown that even though this training is generally completed sitting down, it may even improve balance and mobility.

Finally, vitamin D might act as a protector of our brains, preventing or slowing decline. Deficiencies in vitamin D have been linked to memory impairments and decreased mobility. In Canada, we only have the few summer months to soak up as much vitamin D from the sun as we can. Deficiencies could become a concern. We are currently working as part of a Canada-wide trial that combines exercise, cognitive training and vitamin D treatment in hopes of improving symptoms of those with mild cognitive impairment. The study involves four initial visits so we can ensure you’re a good fit for our study and so we get some baseline values. This is followed by a 20-week training program accompanied by vitamin D treatment. Following the training program, we’ll take some more measures to see if this training was effective. Six months later we’ll repeat the same measures to see if there were any lasting effects of the training program.

Does this program interest you? Here are some questions to help determine if you could benefit from this treatment:

- Are you over the age of 60 with a concern about your memory?
- Can you walk 10 metres independently and participate in regular physical activity?
- Can you commit yourself to an exercise program three times a week for 20 weeks at Wilfrid Laurier University in Waterloo?
- Are you willing to take a vitamin D prescription three times a week?

If you answered ‘yes’ to the above questions and are interested in hearing some more details about our study at the Movement Disorders Research and Rehabilitation Centre (MDRC) at Wilfrid Laurier University in Waterloo, please contact Ben at 519-884-0710 x3924 or by email at bnorman@wlu.ca.

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Luke Simpson

Luke Simpson’s research thesis is on how virtual reality can be used to improve balance, reducing falls in those individuals with Parkinson’s. Luke will be looking specifically at dynamic balance which has been shown to be an integral part in reducing falls. The purpose of his research is twofold. Firstly, to expand upon previous literature utilising virtual reality. He will be addressing gaps in the literature, measuring dynamic balance with a more specific battery of tests and utilising a full immersion virtual reality system which puts the user at a 1:1 scale of the room. Secondly, to provide PSSO with awareness about the efficacy of this treatment in reducing falls.

Participants will be randomly assigned to three different groups. They will complete pre-testing one week before the study, post-testing at the end of the three months of the intervention training and a follow-up testing period one month after the completion of the study.

If you are interested in finding out how you can participate, please contact Luke at simp0290@mylaurier.ca or through the MDRC facility telecommunications channels, the number is: 519-884-0710 x3924.

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Luke Simpson, Undergraduate Thesis Student, Wilfrid Laurier University
Movement Disorders Research and Rehabilitation Centre
Ashley Patel is currently recruiting approximately 60 participants who would be willing to participate in a 12-week Shotokan-karate or a 12-week Tai Chi training program. Shotokan-karate is an upbeat, energetic martial art, whereas Tai Chi is a meditative, relaxing martial art.

Participants of this study will play a vital role in Ashley’s study. She will be assessing whether Shotokan-karate has a greater impact on one’s balance and overall quality of life, in comparison to the already established Tai Chi exercise program. Overall, participants will be coming in for either Shotokan-karate exercise or Tai Chi exercises three times a week for a one-hour training exercise session. The Shotokan-karate training will be taught by Ashley, as she is a trained black belt Shotokan-karate instructor. In addition, an experienced Tai Chi instructor will teach the Tai Chi exercises.

Individuals will be involved in a two-week pre-testing period and a two-week post-testing period. Individuals who choose to participate in the exercise program will be debriefed and will be presented with a consent form for them to sign. Overall, the exercise programs are upbeat and uplifting for all participants!

If you are interested in finding out how you can participate, please contact Ashley at pate5490@mylaurier.ca or through the MDRC facility telecommunications channels at 519-884-0710, ext. 3924.

Ashley Patel, Undergraduate Thesis Student, Wilfrid Laurier University
Movement Disorders Research and Rehabilitation Centre

SMART Exercise Classes, SMART Parkinson’s Exercise Classes and Fall Prevention

The VON Canada SMART (Seniors Maintaining Active Roles Together)® Program offers exercise classes to community members 55+ or adults with a disability who wish to improve their strength, balance and flexibility, regardless of current physical ability.

SMART’s gentle exercises are facilitated by instructors who receive specialized training and ongoing education to deliver safe, appropriate physical activities for healthy aging. Instructors also provide fall prevention education to increase awareness of the nature and impact of falls.

Topics for the fall prevention education include:

- Cardio Respiratory Health
- Physical Activity, Nutrition and Hydration
- Aging Bones and Muscles
- Medication and Healthcare Providers
- Tools to Stay Safe and Independent
- Home and Neighbourhood Safety
- Vision, Foot Health, Aging, Foot Care and Footwear
- Active Minds, Brains and Mental Health

SMART In-Home, Congregate, and Group classes are for those who cannot take part in other programs because of mobility and/or health issues. Participants can enrol themselves or be referred by healthcare providers, family or friends. SMART class programming varies by area. Contact a coordinator in your area today for more information:

Oxford: 519-539-1231
Huron Perth: 519-291-5898
Chatham Kent: 519-352-5515
Sarnia Lambton: 519-542-2310
Windsor Essex: 519-254-4866
Middlesex Elgin: 519-695-2273
Grey Bruce: 519-376-5895
Peel Waterloo Wellington Dufferin: 519-323-2330
For some people with Parkinson’s disease, communicating with caregivers and loved ones can become increasingly difficult. Likewise, caregivers and loved ones might find that understanding what is trying to be communicated becomes more and more difficult. Here are some strategies to help enhance your interactions with others:

**COMMUNICATION IN PARKINSON’S DISEASE**

**CONTACT A SPEECH LANGUAGE PATHOLOGIST**
A registered speech language pathologist can properly assess and provide treatment for speech difficulties.

**CHOOSE THE BEST TIME TO COMMUNICATE**
Communication can be very difficult during ‘off’ med periods and easier during ‘on’ med periods.

**FOCUS YOUR ATTENTION**
Eye contact, observing body language, and speaking loudly can help improve communication.

**TAKE YOUR TIME AND SLOW YOUR PACE**
Adjust your pace of speech to match your loved one’s, and give them time to respond at their own pace.

**CHECK YOUR EYES AND EARS**
Make sure that you are using the right glasses and hearing aids for your vision and hearing needs.

**COMMUNICATION IS A PARTNERSHIP**
All persons in a conversation have a role to play. Learning to use and recognize communication strategies takes time and is a team effort.

*The information above was provided by Parkinson Society British Columbia*
What is Multiple System Atrophy (MSA)?

Multiple System Atrophy (MSA) is a disease of the brain and spinal cord. It is often classified as one of the ‘parkinsonian’ conditions because it often resembles Parkinson’s disease, at least for the first few years. The resemblance is in the general slowness, stiffness and loss of balance. But MSA usually has at least two other important categories of symptoms to some degree. One is impairment of the cerebellum, producing a coarse tremor, drunken-appearing walk and slurred speech. The other is impairment of the autonomic nervous system, which maintains such things as blood pressure, sleep, bowel action and bladder emptying. The result can be fainting, insomnia, constipation and urinary urgency or incontinence. Many other less common symptoms can occur as well.

What is the cause of MSA?

The ultimate cause (called the etiology of the disease) is not known. MSA almost never occurs twice in a family and there are no confirmed clusters related to occupation, industry, diet, ethnicity or geography. A variant in a gene called alpha-synuclein (SNCA) occurs more often in people with MSA than in the rest of the population, but this accounts for only a small fraction of the overall cause of the disease. Various chemical toxins have also been implicated, but these results have not been confirmed in multiple studies.

What’s going wrong in the brain and spinal cord cells?

The direct cause of the loss of brain and spinal cord cells (the pathogenesis of the disease) in people with MSA is not fully understood. However, it has to do with the clumps of alpha-synuclein protein mentioned above. Alpha-synuclein is a normal protein necessary for brain cells to signal one another. The current favoured theory is that too much alpha-synuclein is made. Once it reaches a certain concentration in the cell, it starts to stick together. The resulting blobs, when they are still too small to be seen with a microscope, are toxic. The larger clumps seen under the microscope, called glial cytoplasmic inclusions, may actually be the brain’s attempt to solidify the tiny, toxic clumps floating around inside the cell into a hard, relatively harmless form.

The same protein, alpha-synuclein, accumulates in the brain cells in Parkinson’s disease, but in somewhat different parts of the brain. Also, in MSA, the initial accumulation and loss of cells appear to be in the glia, the electrically inactive supporting cells of the brain. On the other hand, in Parkinson’s disease the problem starts in the neurons, the electrically active cells.

At what age does MSA start?

The average age at which the symptoms of MSA begin is only 53. This is younger than the averages of 59 for Parkinson’s and 63 for Progressive Supranuclear Palsy (PSP).

What happens to someone with MSA?

All three kinds of MSA feature important balance problems that can eventually require assistance in walking or even a wheelchair. All three types can display difficulty in thinking, called executive function. This is what allows us to organize information by categories, understand abstractions and instructions, create and follow a plan and inhibit inappropriate actions. These things often decline to some extent in people with MSA.

Some other features occur in all three types of MSA. Perhaps the most important is difficulty swallowing, which obliges one to modify the diet to exclude thin liquids or tough solids. All three types can also have difficulty in moving the eyes, which can interfere with reading, as well as in speaking, which may require speech therapy and communication devices.

People with MSA of the parkinsonian type tend to get more muscle stiffness and general slowness. Those with the cerebellar type develop a coarse tremor when moving the limbs and difficulty aiming their limb movements or walking in a straight line, much like someone who is drunk. Those with MSA that emphasizes the autonomic problem have a variety of symptoms including urinary urgency and incontinence, constipation, erectile disturbance in men, lightheadedness or even fainting upon standing, noisy or irregular breathing, sleep disruption and difficulties with temperature regulation. Most people with MSA have some combination of the three types rather than a pure form.

Some other problems with movement can occur in MSA. The hands can gradually assume abnormal, fixed postures called dystonia. This can be prevented to some degree by stretching exercises and can be treated in some cases by botulinum toxin (Botox) injections into the hands or forearms. Some people with MSA hold their heads bent forward to an extreme degree, a condition called antecollis. This may respond to Botox injected into the neck muscles, although care must be taken not to exacerbate the swallowing problems via leakage of the Botox to the immediately adjacent muscles. Another issue in some people is sudden, rapid jerks of a limb or of the trunk that is annoying but almost never large enough to interfere with normal movement. This is called myoclonus and can be treated with medication. Finally, a tremor, which is not nearly as prominent as in most people with Parkinson’s, can occur in MSA. This tremor generally occurs when the limb is in use rather than at rest as in PD. It may respond to medication, but usually it is too mild to require treatment.
Some people with MSA develop obstructive sleep apnea. This is where the upper airway tends to close during sleep, which causes insomnia and sometimes insufficient blood oxygen levels. It can be treated by wearing a mask during sleep that connects to a kind of air pump that keeps the airway open, called continuous positive airway pressure or CPAP. This is usually best managed by a specialist in sleep medicine or pulmonary medicine rather than a neurologist.

Note: This article has been produced by, and reprinted with the permission of Cure PSP. For more information, go to https://www.psp.org/Iwanttolearn/prime-of-life-brain-disease/msa/

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**It’s Not Cheating**

if it’s For a Good Cause

For only $40 receive a wash, cut & style and a milk_shake hair care gift courtesy of Hello Beautiful.

A Hair Affair

FOR PARKINSON’S

SUNDAY, APRIL 29TH, 2018 | WWW.AHAIRFAIR.COM

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**Our Monthly Giving Club**

Please consider joining 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.

As a monthly donor you will automatically become a member and **the $30 membership fee will be waived**.

**Membership Matters!**

There is strength in numbers, and a strong, supportive membership:

- ensures programs and supports are in place for people with Parkinson’s in Southwestern Ontario;
- demonstrates a commitment to the work of our organization;
- strengthens our credibility and strong connection with the community;
- lends weight to our request for funding from foundations, government or corporations;
- influences our community leaders to listen when we speak to them about issues that affect people with Parkinson’s and their families and caregivers.

**Benefits include:**

- a donation receipt;
- having a voice in the programs and services offered to people with Parkinson’s in Southwestern Ontario;
- a vote at the Annual General Meeting to elect members of the volunteer Board of Directors and approve the organizational by-laws and audited financial statements;
- receiving The Parkinson’s Update, a bi-annual magazine that contains helpful information and strategies for living well with Parkinson’s;
- receiving advance notice of special events, educational workshops and seminars through regular member correspondence.

**Being part of the Monthly Giving Club is easy:**

- complete the blue monthly giving form and mail to Parkinson Society Southwestern Ontario;
- complete the online form at www.parkinsonsociety.ca;
- call us at 1-888-851-7376.

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**From The Resource Centre**
From The Resource Centre

Loneliness - A New Social Epidemic?

If you are over 65 and feel a sense of loneliness, you are not alone. It is affecting our entire society.

In fact, as it pertains to seniors according to Statistics Canada, as many as 1.4 million elderly Canadians report feeling lonely. According to Canadian census data, “people over 65 have an average life expectancy of almost 20 more years,” which can be a long time to live alone. Being alone should not be confused with loneliness. Many people have enjoyed being alone and have lived a healthy and happy life. Referencing the Aging in Canada focus series, Seniors Speak Out About Loneliness, “Being alone means just that, being alone. Loneliness usually refers to being unhappy with the emotional and social relationships you do not have, or with the ones that you do have. Loneliness is partly about the number of friends or people in your life, but it is also about whether or not you feel connected to people.”

Loneliness may be due to a loss of contact with others, or due to the physical limitations, or feeling embarrassed that memory may be decreasing. It has been shown that disconnecting from community keeps seniors feeling isolated in their homes, at times resulting in obesity, increased drinking, depression and decreased physical abilities. Loneliness can speed up the onset of dementia, and in some cases it has contributed to heart disease.

Tips for reaching out to those who may be suffering from loneliness:

- Perform random acts of kindness by calling or visiting. Your call may be the only call they receive. Engage in small talk. Whether talking about the weather or exchanging recipes, each provides an opportunity to talk and listen.
- Offer to be the driver. Offer transportation for shopping, church or just a drive. Pick up a senior and go to the local Legion, seniors’ group or the local coffee shop where seniors meet.
- Encourage the person to stay active, whether it is a short trip around the yard or shopping for groceries.
- Ensure seniors have access to family support. Offer to help the senior to make a call to family if needed. Encourage seniors to reach out to their families.

Tips for seniors who would like to be part of the community but don’t know where to start:

- Join the local senior centre where the fun starts with planned lunches, card games and new companions with similar interests.
- Remember to make an effort to introduce yourself and ask others about themselves to discover your common ground.
- Invite people over. Maybe start a book club, and encourage good conversation.
- Smile. A smile is inviting, warm and it makes anyone feel good. It’s one accessory you shouldn’t leave home without.
- Adopt a pet if you are mobile or invite someone with a pet to stop by and see you. A pet can reduce stress, deliver warmth and will always love a good hug.
- Volunteer. Find something you are passionate about and volunteer. Volunteering offers many benefits to all involved. Seniors have a wealth of life experience to contribute and share. The side benefits are that it can boost overall well-being and ensure a source for social connection for as many hours as you would like to commit.
- Take a class. Try an exercise class, computer training or an art class. For those who are hard of hearing, learning to use a computer or iPad may offer a new opportunity for communication.
- Take up a hobby. Whether gardening, playing golf in the summer, playing a musical instrument or reading, hobbies can keep you motivated and challenged.
- If isolated geographically, consider moving to a more central location or senior housing where there are opportunities to meet new people and mingle. Retirement residences frequently offer trial stays and even winter stays if isolation in the winter months is a concern.

Senior loneliness and isolation are neither predictable nor irreversible. Recognizing the signs and knowing the facts can help us understand how loneliness occurs and how we are able to make life changes to improve our quality of life.

Seniors are a vital part of our families and communities. We all need to be more aware of the effects of loneliness on our seniors’ independence and quality of life. If you see a senior who could use a good smile or a helping hand, be a good neighbour and make their day!
Help identify and remove hazards from your home:

Exterior
- Keep front steps and walkway in good repair and free of snow, ice and leaves.
- Keep entrances well lit or install motion sensor lights.
- Put away garden tools such as hoses and rakes when not using them.
- Be mindful of pets when walking them.

Living Room and Bedroom
- Reduce clutter. Clear away any loose wires, cords or other obstacles.
- Consider using a cordless phone to avoid rushing to answer.
- Have good lighting throughout the house. Install night lights or keep a flashlight by the bed.
- Make sure the path is clear between the bedroom and bathroom.
- Get rid of scatter mats or make sure they are non-slip.
- Get out of your bed or chair slowly; moving suddenly can make you dizzy.
- Keep pets, pet toys and dishes out of your path.

Kitchen
- Store kitchen supplies and pots and pans in easy-to-reach locations.
- Store heavy items in lower cupboards.
- Always wipe up any spills immediately to prevent slipping.
- If you use floor wax, use the non-skid kind.

Bathroom
- Ensure you have non-slip surfaces for the tub and shower.
- Install well-anchored grab bars by the toilet and bath to help you sit and stand.
- Use a raised toilet seat, and a bath seat in the shower, if you need them.
- Keep the floor clear of water or obstacles.

Use Safety Aids
- Aids to daily living can keep you safe and active.
- Wear your glasses and hearing aids.
- Consider using a walker or cane and make sure that it is the correct height.
- Wear well-fitted shoes or slippers with closed toes, low heels and non-slip soles.
- Find out about other safety devices that make your life safer (e.g., reachers or grabbers, ice grippers, hip protectors, grab bars, etc.).

Plan Ahead
- Be mindful of weather conditions.
- Re-arrange appointments if necessary.

If You Fall
- Try to land on your buttocks to prevent more serious injuries.
- Don’t rush to get up. Make sure you are not injured before trying to get up or letting others help you get up.
- Don’t let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling.
- Report falls to your healthcare provider to determine the cause and to help prevent another fall.

For more information, please contact the Seniors’ INFOline at 1-888-910-1999 (TTY: 1-800-387-5559) or your public health department. Source: Ministry of Seniors Affairs, Ontario.ca/seniors
Parkinson’s comes with many challenges to the individual, family and care providers. We know a lot about the issues with mobility and abnormal movements like shaking, stiffness and slowing down. However, there is less awareness around the mental health challenges that come with this illness.

Mental health issues may come with Parkinson’s, including mood and anxiety, issues with sleep, personality changes, abnormal perception of things (hallucinations or irrational beliefs), and at times compulsive behaviour and excessive seeking of pleasurable activities (e.g., pathological gambling and inappropriate sexual behaviour). Mental health challenges in Parkinson’s affect quality of life and result in added disability and burden. Mood and anxiety issues can involve depression, irritability, tension and worries, agitation, sense of hopelessness and despair and at times thoughts of suicide.

Diagnosing depression and anxiety in Parkinson’s is not easy given the overlap of symptoms between motor function changes and slowing down that can be a result of depression. At times a person with Parkinson’s may feel more impaired by relatively mild symptoms of Parkinson’s because of depression and anxiety. When a Parkinson’s patient is dealing with mood and anxiety issues they are typically treated with psychological therapies or medications to alleviate these symptoms. This could be done by the general practitioner or the treating neurologist.

At times, these issues become more severe or more difficult to treat and that is when the patient is typically referred to specialized mental health clinics. Some of these clinics specialize in treating mental health issues that come with neurological illnesses like Parkinson’s. The mental health team would normally do a thorough assessment and reach a diagnosis, then propose a treatment plan. This treatment plan can be delivered by the general practitioner, the neurologist or the mental health clinic, depending on the need and availability of resources. Because of the complexity of these issues, a comprehensive treatment approach is needed to treat mood and anxiety issues of Parkinson’s.

Not all available treatments for mood and anxiety disorders are studied in Parkinson’s. This is why treating these issues requires a team approach and ongoing collaboration between the patient, family, general practitioner, neurologist and mental health team. Psychological treatments (i.e., psychotherapy), education, social support, medications and other biological treatments like electroconvulsive therapy are all tools available to use to improve symptoms, quality of life and function of patients with Parkinson’s.

### Living Well Conferences: Parkinson’s and Mental Health

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Kitchener</strong>&lt;br&gt;Holiday Inn</td>
<td>30 Fairway Rd S, Kitchener&lt;br&gt;April 25, 2018&lt;br&gt;9:00 am - 2:30 pm</td>
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<tr>
<td><strong>London</strong>&lt;br&gt;Best Western Stoneridge Inn</td>
<td>6675 Burtwistle Lane, London&lt;br&gt;April 21, 2018&lt;br&gt;9:00 am - 2:30 pm</td>
</tr>
<tr>
<td><strong>Grey Bruce</strong>&lt;br&gt;Best Western Inn on the Bay</td>
<td>1800 2nd Ave E, Owen Sound&lt;br&gt;April 10, 2018&lt;br&gt;9:00 am - 2:30 pm</td>
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<tr>
<td><strong>Sarnia</strong>&lt;br&gt;Holiday Inn</td>
<td>1498 Venetian Blvd, Point Edward&lt;br&gt;April 25, 2018&lt;br&gt;9:00 am - 2:30 pm</td>
</tr>
</tbody>
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Admission $20

For more information or to register, please call 1-888-851-7376 or go to parkinsonsociety.ca
Join us for a showcase of some of Waterloo's best restaurants and catering companies and their Signature dishes! Check out parkinsonsociety.ca for a complete list of restaurants and caterers.

MONDAY, JUNE 25, 2018
11:30 – 1:30 @ CATALYST 137
137 Glasgow St. Kitchener
All proceeds support local programs and services for people with Parkinson’s.

Tickets only $20 available online at www.parkinsonsociety.ca
Thank You for Joining the Movement at WALK-IT for Parkinson’s

We asked you to join the movement – The 5,000,000 Step Challenge – and you did! Every step counts in the fight against Parkinson’s, so we counted every single step you took. With over 1,700 walkers participating, 6,479,598 Steps were taken! We encourage you to continue the momentum by setting a daily step goal and using your pedometer to help you reach it.

Thanks to all the WALK-IT for Parkinson’s walkers, volunteers, donors and sponsors for all your support in helping to raise $422,536! Your support means that Parkinson Society Southwestern Ontario can invest funds in vital Parkinson’s programs and research to help improve the quality of life for people living with Parkinson’s in our community.

Who will you WALK-IT for this September?

<table>
<thead>
<tr>
<th>Location</th>
<th>Amount Raised</th>
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<tbody>
<tr>
<td>Brant-Norfolk</td>
<td>$17,162</td>
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<tr>
<td>Chatham-Kent</td>
<td>$10,355</td>
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<tr>
<td>Goderich</td>
<td>$17,905</td>
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<tr>
<td>London &amp; District</td>
<td>$94,105</td>
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<tr>
<td>Orangeville</td>
<td>$18,769</td>
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<tr>
<td>Owen Sound</td>
<td>$9,558</td>
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<tr>
<td>Oxford County</td>
<td>$8,963</td>
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<tr>
<td>Port Elgin</td>
<td>$20,820</td>
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<tr>
<td>Sarnia-Lambton</td>
<td>$40,030</td>
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<tr>
<td>South Grey Bruce &amp; Hanover Area</td>
<td>$40,424</td>
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<tr>
<td>Stratford &amp; Area</td>
<td>$37,406</td>
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<tr>
<td>Strathroy</td>
<td>$19,939</td>
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<tr>
<td>Waterloo Region</td>
<td>$37,023</td>
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<tr>
<td>Windsor-Essex</td>
<td>$50,077</td>
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<tr>
<td><strong>Total:</strong></td>
<td><strong>$422,536</strong></td>
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</tbody>
</table>
2017 WALK-IT for Parkinson’s Sponsors

Emerald

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Premier: Assante Wealth Management (London and District), Bill Brown Income Tax (South Grey Bruce and Hanover), Bruce Power (Port Elgin, Kincardine and Area), Caesar’s Windsor Hotel & Casino (Windsor-Essex), Chatham Retirement Resort - Revera Homes (Chatham-Kent), CMR Insurance (South Grey Bruce and Hanover), Dura Foods (Brant-Norfolk), Giant Tiger London (London and District), Hunter Steel and Supply Ltd. (Stratford and Area), K-W Civitan Club (Waterloo Region), Newtex Cleaners (Waterloo Region), RPA Enterprises Inc. (London and District), Steeves and Rozema (Sarnia-Lambton), Toyota Motor Manufacturing Canada (Waterloo Region), Unifor Local 444 Social Justice Fund Committee (Windsor-Essex)

Media: 104.7 Heart FM (Oxford County), 104.9 The Beach (Bayshore Broadcasting) (Goderich), 92.3 The Dock FM (Owen Sound), AM1380 & Jewel 92 (Brant-Norfolk), AM800/CTV (Windsor-Essex), CFBW 91.3 FM Bluewater Radio (South Grey Bruce and Hanover), Country 104 (Strathroy and Area), MyFM 95.5 Kincardine Radio Local News First (Port Elgin, Kincardine and Area), Rogers Kitchener Radio Group (CHYM 96.7, 570 NEWS, COUNTRY 106.7) (Waterloo Region)

For a list of top teams and walkers, go to www.parkinsonsociety.ca.
Frank Nordquist started to have Parkinson’s symptoms in early 2013. It was getting hard for him to write with his muscles in his hand often constricting. He dismissed the symptoms and just gave it up to stress. As time went on, things got worse. “Being a male, I was stubborn to go get it looked at until my wife Liane finally insisted,” he said. He saw Dr. Jamie Steckley in April 2015 and was told that he had Parkinson’s, which was “a nice blow to the mind at 49 years old,” said Frank.

The immediate impact wasn’t as hard for Frank as it was for Liane, who started researching everything she could find about the disease. As for Frank, “I kept on my pace - I worked at the golf course, played golf and started new medications.”

In the fall of 2016, after talking to Liane with his son Cody and a couple of his friends, Frank decided to host a golf tournament to raise money for research. “I know a couple of members at the golf course who have Parkinson’s and I see the issues that they have,” he explained. “I work at a golf course, I love to golf, so what better way to raise money to help find better treatments than a golf tournament?”

Fast forward to July 29, 2017 and the Cambridge Golf club hosted to the inaugural Putt Fore Parkinson’s Charity Golf Tournament. It went really well and raised over $8,000. Building on its success, Frank is planning another Putt Fore Parkinson’s Tournament for July 28, 2018.

Frank’s advice to those recently diagnosed with Parkinson’s is “Stay busy! I golf every chance I get and in the winter, I do some sort of physical activity to keep my muscles mobile. Keep close to your friends for support. If you need support seek it. There are groups out there that can help.”

Frank is making a difference by doing what he loves. What do you love to do? Chances are, there’s a way to help people with Parkinson’s in Southwestern Ontario while doing something you love to do! We’re here to help – please contact Jessica Halls at jessica.halls@parkinsonsociety.ca or Steve Hickson at steve.hickson@parkinsonsociety.ca.

CHAMPIONS FOR PARKINSON’S

Hold Your Own Event To Benefit People with Parkinson’s
Become a Champion for Parkinson’s and raise funds to help us increase our support services, build a strong advocacy campaign and improve the quality of life for those affected by Parkinson’s in Southwestern Ontario. Parkinson Society Southwestern Ontario can provide friendly support as well as website and social media promotion.

From garage sales, birthday parties and wine tastings to sports tournaments and car shows, no event is too big or too small. Take the lead, get creative, build awareness, raise funds … and don’t forget to have fun!

Your actions have an impact – start planning your event today!
For more information, contact Steve Hickson or Jessica Halls at 1-888-851-7376.
Community Partnerships

Bath Fitter BBQ (London)
BENCOM Golf Tournament (Kitchener)
Bill Coombes Photography Event (Sarnia)
CanDuct BBQ (London)
Community Yoga Fundraiser (Wingham)
CUPE Local 107 Benefit Fund (London)
CUPE Local 4186 (London)
Gord Marshall Memorial Ball Tournament (Innerkip)
Hessenland Novemberfest (Zurich)
IODE Maple Leaf Chapter (Goderich)
Jack Astor’s Bar and Grill Fundraiser (London)
Kerwood Bethexida UCW (Kerwood)
Ladies Auxiliary RCAFA Wing 404 (Waterloo)
Long Point Lioness Club (Port Rowan)
London Mosaic 20th Anniversary Concert (London)
London Police Association (London)
Nancy John’s Gallery 10th Anniversary (Windsor)
Middlesex London Health Unit (London)
Order of the Eastern Star, Bethlehem Chapter 136 (London)
Oxford Gardens Buy & Sell Event (Woodstock)
Parkincharm
Putt Fore Parkinson’s (Cambridge)
Rock n’ Blues Concert (Brantford)
St. Bernard’s Catholic Women’s League (Waterford)
Selectpath Benefits & Financial Inc. (London)
Sherwood Shindig (Kitchener)
Shivers N Shakes Mini Golf Event (Grand Bend)
Southwestern Ontario Lawn Tractor Racing Association (SOLTRA) (Belle River)
Tillsonburg Multi-Service Centre Trail Walk & Run (Tillsonburg)
Thamesford Lions Club (Thamesford)
Various Garage Sale Proceeds (London) (Harold & Judith Nesbitt; Steven Walters)
Windsor Express Basketball Partnership (Windsor)
Windsor Firefighters Benefit Fund (Windsor)

Honouring Loved Ones Through Donations

Edna Cudny (Thamesford) Commemorative for Jim Cudney
Ron Dunkley (Waterloo) Commemorative for Dorothy Dunkley
Laura Lampkin (London) In Honour
Albert Ling (Cambridge) In Honour
Newdon Industries (Fergus) Commemorative for Lloyd Stamp
Jose Pinheiro (Cambridge) In Honour
Brian Stevens (London) In Honour
Bonita Timms (Bayfield) Commemorative
Catherine Vervue (London) Commemorative
Otto Weber (Stratford) In Honour
Martha Wilson (Strathroy) Commemorative for Gay & Jacob Haagsma

Pledge Matching Program

Comark Services Inc (London) Gift Matching Program
HollisWealth (Kitchener) Gift Matching Program
Labatt Employee (London) Employee Matching Gift Program
Sifton Family Foundation (London) Pledge Matching Program
Union Gas Ltd, Spectra Energy Corp. (Chatham) Pledge Matching Program

Foundations

Enterprise Holdings (London) Foundation Grant
Caesar’s Windsor (Windsor)
Community Foundation Grey Bruce (Owen Sound)
William and Mary Dorssers Foundation (Blenheim)
London Community Foundation (London) Grant from Kostuk Family Fund
VersaTerm Inc (London)
WU Community Engaged Learning Program (London) - Grant
Volunteer Profile: Wayne Walden

Wayne Walden and his wife, Meg, began volunteering in 1998 in support of their friend, Alan Ward, who was living with Parkinson’s. Alan and his wife, Isabel, were very committed to volunteering for Parkinson Society Southwestern Ontario and to creating awareness of Parkinson’s in the Southwestern Ontario community. As a result, Wayne offered to help with the walk in London.

The progression of their roles involved being on the London walk committee for several years, followed by running the Ingersoll satellite walk for a number of years with the help of their walking club and friends. In 2012 they helped start the Oxford County walk for Parkinson’s at South Gate Centre in Woodstock.

When asked why he volunteers, Wayne responded, “We have a lot of good memories shared with very special people we have met affected by this terrible disease. We have participated in fun activities like BBQ’s with these people.” Wayne continues, “Volunteering is beneficial for everyone as we work together and learn from each other. It gives us more meaning in our lives. Volunteering helps to move away from always thinking about oneself.”

Wayne’s wife and friends have become involved in volunteering for Parkinson Society Southwestern Ontario because of his involvement.” Wayne continues to volunteer after 18 years because there is a need in the Oxford community. He encourages others to get involved.

Wayne adds, “It has been a real pleasure working for Parkinson Society Southwestern Ontario these many years, with such a fun group of positive people.”

If you are interested in helping to make a difference by volunteering for Parkinson Society Southwestern Ontario, please contact Vickie Thomas at 1-888-851-7376 or vickie.thomas@parkinsonsociety.ca.

Students Fight Parkinson’s

The Students Fight Parkinson’s (SFP) group is a student-run club at Western University in London. The club’s focus includes raising money for Parkinson’s research and spreading awareness of Parkinson’s among a younger demographic. SFP runs events such as seasonal movie nights, a Valentine’s Day tulip sale and therapeutic painting sessions. The club’s main focus for the upcoming semester is the annual Brain and Mind Summit. The event is run in coordination with other Western University clubs such as the Pre-Med Society and the Alzheimers Group.
Support Group News

Cambridge Parkinson’s Support Group

Susan Bridges has been a facilitator for the Cambridge Parkinson’s Support Group for two years. Prior to that, Susan had chaired a number of walks for Parkinson’s, co-facilitated the Brantford Parkinson’s Support Group, as well as making community presentations on Parkinson’s. Susan is passionate about helping others and senior well-being. Although Susan is stepping down from the role of facilitator we know that our relationship with Susan and Comfort Keepers will continue.

Welcome Luci Santamaria as new co-facilitator for the Cambridge Parkinson’s Support Group. Luci has worked as a volunteer and as Community Development/Information Officer for the Canadian Hearing Society. Luci has been an educator and an administrator with the Toronto District School Board, Ministry of Education and Waterloo Catholic District School Board. Her mother was diagnosed with Parkinson’s in 2007 and since that time Luci has been learning about Parkinson’s disease. Luci is recently retired and will be a welcome addition to the Cambridge Parkinson’s Support Group.

Chatham-Kent Parkinson’s Support Group

Lisa Clarke is stepping down from the role of facilitator with the Chatham-Kent Parkinson’s Support Group. Lisa’s involvement with Parkinson Society Southwestern Ontario began with her father’s Parkinson’s diagnosis. Luckily she was able to step up when we were looking for a facilitator for the Chatham-Kent Parkinson’s Support Group. Thank you, Lisa. We wish you well!

Dunnville Parkinson’s Support Group

Welcome Stacey Kiefer as our new Dunnville Parkinson’s Support Group facilitator. Born and raised in Fisherville, Stacey is happy to be returning to her roots after living in Kingston for the past nine years. Stacey has worked at three Canadian universities helping to manage the residence systems and programming initiatives. She is also a trainer for LivingWorks Education which focuses on suicide awareness and prevention skills around the world.

Grand Bend Parkinson’s Support Group

Welcome Maxine Eveland as the new co-facilitator for the Grand Bend Parkinson’s Support Group. Maxine retired to Grand Bend following a career in education with the Thames Valley District School Board. A former secondary school principal, Maxine was diagnosed with Parkinson’s in 2016. She has found the support group very worthwhile and would like to better understand the disease, how to live with it now and in the future, and how to help others do the same.

Kincardine Parkinson’s Support Group

Norma Kempers is retiring from facilitating the Kincardine Parkinson’s Support Group. Norma has been with this group for over a decade. Her kind and caring way with this group will be missed. We are very happy that Norma will continue her involvement with WALK-IT for Parkinson’s.

Kitchener Parkinson’s Support Group

A tremendous thank you to Norma Sapsworth for her volunteer involvement with Parkinson Society Southwestern Ontario. Norma has been a volunteer with us in many roles since 1991: support group facilitator and treasurer as well as being involved with walks, tulip sales, raffles and conferences. Most recently Norma looked after calling members of the Kitchener Parkinson’s Support Group to remind them about upcoming meetings. Norma is also a recipient of the Diamond Jubilee Award. Thank you, Norma, for your many years of service. We wish you well and hope that you are all settled in after your move.
Meaford Parkinson’s Support Group

We bid a fond farewell to Cathy McDowell as she steps down from her role as facilitator for the Meaford Parkinson’s Support Group. Cathy was a dynamic facilitator, but she decided it was time for someone else to take over the reins. Cathy is considering being involved with Parkinson Society Southwestern Ontario’s Parkinson Education Program (PEP).

Welcome to Slade and Rhonda Willis as they take on the role of co-facilitators for the Meaford Parkinson’s Support Group. Slade’s background includes professional football, social work, teaching and coaching high school students. Slade has been living with Parkinson’s for the last 15 years. Rhonda’s background is in health and physical education. She too had a career in teaching and has also worked in a treatment centre.

Strathroy Parkinson’s Support Group

Welcome to Alisha Gleiser as she takes on the role of facilitator for the Strathroy Parkinson’s Support Group. Alisha is a familiar face to most of the group as she has facilitated the Ethel Auld Parkinson Exercise program for a number of years. Alisha is a registered kinesiologist and works at Strathroy Middlesex General Hospital in the Rehabilitation Department. Alisha and her husband, Michael are the owners of Bossons Pharmacy & Home Health Care in Strathroy. Alisha will be a wonderful resource for the support group.

Woodstock Parkinson’s Support Group

Thank you to Mary Jane Schurman for facilitating the Woodstock Parkinson Support Group. You were a great resource and contact for the group. We wish Mary Jane well as her role changes with VON.

Welcome to Anne Marie Wallace-Phillips as new facilitator for the Woodstock Parkinson’s Support Group. Anne Marie was facilitator for the Tillsonburg Parkinson’s Support Group. She has covered a few of the Woodstock Parkinson’s Support Group meetings in the past. Anne Marie will be a welcome addition to the group.

MONDAY, JUNE 25, 2018
11:30 – 1:30 @ BUDWEISER GARDENS

Let’s do Lunch!

Join us for a showcase of some of London’s best restaurants and catering companies and their Signature dishes! Check out parkinsonsociety.ca for a complete list of restaurants and caterers.

Tickets only $20
available at all Finch Auto Group dealerships, Budweiser Gardens box office, online at parkinsonsociety.ca or call (519) 652-9437.

All proceeds support local programs and services for people with Parkinson’s.

HollisWealth
CHARITY GOLF CLASSIC
supporting Parkinson Society Southwestern Ontario and the MS Society Grand River Chapter

Monday, June 11, 2018 | Rebel Creek, Petersburg

To register or for more information, please contact Jessica Halls at 1-888-851-7376 or jessica.halls@parkinsonsociety.ca
## Regional Support Groups

### Brantford
- **Brantford Parkinson’s Support Group**
  - Facilitator: Bill Flintoff
  - 2nd Wednesday of each month (excluding July and Aug.) 2:00 p.m. to 4:00 p.m.
  - John Noble Home, 97 Mount Pleasant Rd., Brantford

### Cambridge
- **Cambridge Parkinson’s Support Group**
  - Facilitators: Ashley Fox & Luci Santamaria
  - 2nd Thursday of each month (excluding July and Aug.) 1:00 p.m. to 2:30 p.m.
  - Maranatha Christian Reformed Church, 94 Elgin St. S., Cambridge
- **Cambridge YMCA Neurological Wellness Exercise Programs**
  - 3X/wk., free for YMCA members, $30 + HST/month for non-members
  - Chaplin Family YMCA, 250 Hespeler Rd., Cambridge

### Chatham-Kent
- **Chatham-Kent Parkinson’s Support Group**
  - Facilitator: Regional Office - Volunteer Facilitator Required!
  - 2nd Tuesday (Jan., Mar., May, Sept. and Nov.) 6:30 p.m. to 8:00 p.m.
  - Active Lifestyle Centre, 20 Merritt Ave., Chatham
- **Chatham-Kent Parkinson’s SMART Exercise Program**
  - Every Tuesday & Thursday 10:00 a.m. to 11:00 a.m.
  - Grace Christian Reformed Church, 255 Tweedsmuir Ave. W., Chatham
- **Chatham-Kent Parkinson’s Sharing and Caring (Luncheon Group)**
  - Facilitator: Jane Haskell
  - 2nd Thursday (Feb., Apr., June, Oct. and Dec.) 11:30 a.m. to 1:00 p.m.
  - Active Lifestyle Centre, 20 Merritt Ave., Chatham

### Dunnville
- **Dunnville Parkinson’s Support Group**
  - Facilitator: Stacey Kiefer
  - 3rd Friday of each month 1:30 p.m. to 3:00 p.m.
  - Haldimand War Memorial Hospital (Mailloux Room), 206 John St., Dunnville

### Goderich-Huron
- **Goderich-Huron Parkinson’s Support Group**
  - Facilitator: Carol McDonnell
  - 1st Tuesday of each month (excluding Jan. and Feb.) 1:30 p.m. to 3:00 p.m.
  - MacKay Senior Centre, 10 Nelson St. E., Goderich

### Grand Bend
- **Grand Bend Parkinson’s Support Group**
  - Facilitator: Kate Mason & Maxine Eveland
  - Last Monday of each month (excluding Dec., June, July and Aug.) 2:00 p.m. to 3:30 p.m.
  - Grand Bend Area Community Health Centre, (Community Room)
  - 69 Main St. E., Grand Bend

### Hanover
- **Young-Onset Parkinson’s Coffee Club**
  - Facilitator: Michelle Napper
  - 2nd Tuesday of every month from April – November 5:30 p.m. Potluck
  - Saugeen Municipal Airport, 34 Saugeen Airport Rd.
- **Hanover Parkinson’s Care Partner Support Group**
  - Facilitator: Jane Radke
  - 4th Wednesday of each month 1:00 p.m. to 3:00 p.m.
  - Tommy D’s Restaurant, 294 10th St., Hanover
- **Hanover Lunch Group**
  - Facilitator: Linda Byers
  - 1st Tuesday of the month. 12:00 noon to 1:30 p.m.
  - Coach House restaurant at Hanover Raceway, 265 5th St., Hanover

### Kincardine
- **Kincardine Parkinson’s Support Group**
  - Facilitator: Regional Office - Volunteer Facilitator Required!
  - 2nd Tuesday of each month (excluding Jan. and Feb.) 12:00 noon to 2:00 p.m.
  - Malcolm Place Retirement Residence, 255 Durham St., Kincardine

### Kitchener-Waterloo
- **Evening Kitchener Parkinson Connection Support Group**
  - Facilitators: Pamela Helmes-Hayes & Deb Stanson
  - 3rd Thursday of each month (excluding July, Aug. and Dec.) 6:30 p.m. to 8:00 p.m.
  - Reformation Lutheran Church, 456 Krug St., Kitchener
- **Kitchener Young-Onset Parkinson’s Support Group**
  - Facilitator: Chris Hudson - Volunteer Co-Facilitator Required!
  - 4th Thursday of every month (excluding July and Aug.): 7:00 p.m. to 9:00 p.m.
<table>
<thead>
<tr>
<th>Location</th>
<th>Group Name</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kitchener</td>
<td>Rock Steady Boxing at the A.R. Kaufman YMCA</td>
<td>Two levels of classes offered. 2-5 classes available per week depending on class level. Free to YMCA members. Boxing gloves required and can be purchased at a discount rate. A.R. Kaufman YMCA, 333 Carwood Ave., Kitchener.</td>
</tr>
<tr>
<td></td>
<td>Parkinson’s SMART Exercise Program</td>
<td>Every Tuesday and Thursday 1:30 p.m. to 2:30 p.m. A.R. Kaufman YMCA, 333 Carwood Ave., Kitchener.</td>
</tr>
<tr>
<td></td>
<td>YMCA Neurological Wellness Exercise Programs</td>
<td>3X/wk., free for YMCA members, $30 +HST/month for non-members A.R. Kaufman YMCA, 333 Carwood Ave., Kitchener.</td>
</tr>
<tr>
<td></td>
<td>Parkinson’s Support Group</td>
<td>4th Wednesday of each month (excluding July, Aug. and Dec.) 10:30 a.m. to 12:00 noon Westhill Retirement Residence, 25 Westhill Dr., Waterloo</td>
</tr>
<tr>
<td>Leamington</td>
<td>Support Group</td>
<td>1st Tuesday of every month (excluding July and Aug.) 11:30 a.m. to 12:30 p.m. Leamington and District Half Century Club, 160 Talbot St. E., Leamington</td>
</tr>
<tr>
<td></td>
<td>SMART Exercise Program</td>
<td>Every Tuesday (excluding July and Aug.) 10:30 a.m. to 11:30 a.m. Leamington and District Half Century Club, 160 Talbot St. E., Leamington</td>
</tr>
<tr>
<td>Listowel</td>
<td>Parkinson’s SMART Exercise Program</td>
<td>Every Tuesday and Friday 2:00 p.m. to 3:00 p.m. VON Office, 975 Wallace Ave. N., Listowel</td>
</tr>
<tr>
<td>London</td>
<td>Parkinson Connection Support Group</td>
<td>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</td>
</tr>
<tr>
<td></td>
<td>SMART Exercise Groups</td>
<td>Several classes offered in alternate weeks (Wed. and Thurs.) 12:00 noon to 1:00 p.m. Parkwood Day Hospital, 550 Wellington Rd., London</td>
</tr>
<tr>
<td></td>
<td>Carepartner Coffee Club</td>
<td>4th Thursday of each month (excluding July and Aug.) 2:00 p.m. to 4:00 p.m. Parkinson Society Southwestern Ontario Office, 117-4500 Blakie Rd., London</td>
</tr>
<tr>
<td></td>
<td>Rock Steady Boxing</td>
<td>3X/wk., $80/month, Boxing Gloves required and can be purchased at a discounted rate. Femme Force Fittness, 71 William St., London</td>
</tr>
<tr>
<td>Meaford</td>
<td>Support Group</td>
<td>3rd Tuesday of each month 2:00 p.m. to 4:00 p.m. Meaford United Church, 7 Boucher St. E., Meaford</td>
</tr>
<tr>
<td>Orangeville</td>
<td>Parkinson’s Support Group</td>
<td>2nd Wednesday of each month (excluding July and Aug.) 7:00 p.m. to 8:30 p.m. Alzheimer Society, 25 Centennial Rd., Orangeville</td>
</tr>
<tr>
<td>Owen Sound</td>
<td>Parkinson’s Support Group</td>
<td>2nd Tuesday of each month 2:15 p.m. to 3:30 p.m. The New Life Centre, First Christian Reformed Church, 199 4th Ave. W., Owen Sound</td>
</tr>
<tr>
<td></td>
<td>SMART Exercise Program</td>
<td>Every Tuesday and Thursday 1:00 p.m. to 2:00 p.m. First United Church, 435 21st St. W., Owen Sound</td>
</tr>
<tr>
<td>Sarnia-Lambton</td>
<td>Parkinson’s Support Group</td>
<td>4th Wednesday of each month (excluding June, July and Aug.) 2:00 p.m. to 4:00 p.m. Clearwater Arena Community Room, 1400 Wellington St., Sarnia</td>
</tr>
</tbody>
</table>

Call 1-888-851-7376 Before Attending Your First Meeting!
## 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.

### Simcoe

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Facilitator/Notes</th>
<th>Schedule/Location</th>
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</thead>
<tbody>
<tr>
<td>Simcoe Parkinson’s Support Group</td>
<td>Facilitator: Marie Claire Astles - Volunteer Co-Facilitator Required!</td>
<td>4th Thursday of each month (excluding July and Aug.) 1:00 p.m. to 3:00 p.m.</td>
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<tr>
<td></td>
<td></td>
<td>Alzheimer Society of Haldimand Norfolk, 645 Norfolk St. N., Simcoe</td>
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</tbody>
</table>

### Stratford

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Facilitator/Notes</th>
<th>Schedule/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stratford Parkinson’s Support Group</td>
<td>Facilitators: Connie Birmingham &amp; Marq Scott - Volunteer Facilitator Required!</td>
<td>2nd Tuesday of each month (excluding July and Aug.) 1:30 p.m. to 3:30 p.m.</td>
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<tr>
<td></td>
<td></td>
<td>Army, Navy and Air Force Veterans Centre, 151 Lorne Ave. E., Stratford</td>
</tr>
<tr>
<td>Stratford Gentle Yoga for Parkinson’s Group</td>
<td>Certified Yoga Instructor: David Querin</td>
<td>Every Monday 10:00 a.m. to 11:00 a.m.</td>
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<tr>
<td></td>
<td></td>
<td>Army, Navy and Air Force Veterans Centre, 151 Lorne Ave. E., Stratford</td>
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### Strathroy

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Facilitator</th>
<th>Schedule/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strathroy Parkinson’s Support Group</td>
<td>Alisha Gleiser</td>
<td>3rd Tuesday of each month (excluding July and Aug.) 1:30 p.m. to 3:00 p.m.</td>
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<tr>
<td></td>
<td></td>
<td>Westmount Christian Reformed Church, 405 Drury Lane, Strathroy</td>
</tr>
<tr>
<td>Parkinson’s SMART Exercise Group</td>
<td></td>
<td>Every Monday and Wednesday 1:00 p.m. to 2:00 p.m.</td>
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<td></td>
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<td>VON Middlesex-Elgin Office, 274 Head St. N., Strathroy</td>
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</tbody>
</table>

### St. Thomas

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<thead>
<tr>
<th>Group Name</th>
<th>Facilitators</th>
<th>Schedule/Location</th>
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</thead>
<tbody>
<tr>
<td>St. Thomas Parkinson’s Support Group</td>
<td>Sheri Lawrence &amp; Doug Chateauneuf</td>
<td>2nd Tuesday of each month (excluding July and Aug.) 2:00 p.m. to 4:00 p.m.</td>
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<tr>
<td></td>
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<td>Knights of Columbus Hall, 265 Wellington St., St. Thomas</td>
</tr>
<tr>
<td>St. Thomas Parkinson’s SMART Exercise Program</td>
<td></td>
<td>Every Monday and Thursday 10:00 a.m. to 11:00 a.m.</td>
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<td>Elgin Mall, 417 Wellington St., St. Thomas. Classes are free.</td>
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### Tillsonburg

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<tr>
<th>Group Name</th>
<th>Facilitator/Notes</th>
<th>Schedule/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tillsonburg Parkinson’s Support Group</td>
<td>Regional Office - Volunteer Facilitator Required!</td>
<td>3rd Thursday of each month (excluding July and Aug.) 1:00 p.m. to 2:30 p.m.</td>
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<tr>
<td></td>
<td></td>
<td>Tillsonburg Retirement Residence, 183 Rolph St., Tillsonburg</td>
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### West Lorne

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<thead>
<tr>
<th>Group Name</th>
<th>Facilitator</th>
<th>Schedule/Location</th>
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</thead>
<tbody>
<tr>
<td>West Lorne Parkinson’s Support Group</td>
<td>Betty Jo Drent</td>
<td>4th Thursday of each month (excluding Aug.) 10:30 a.m. to 12:00 noon</td>
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<tr>
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<td>The Hub, 146 Munroe St., West Lorne</td>
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### Windsor

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<thead>
<tr>
<th>Group Name</th>
<th>Facilitator</th>
<th>Schedule/Location</th>
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</thead>
<tbody>
<tr>
<td>Windsor Parkinson’s Support Group</td>
<td>Patricia St. Pierre</td>
<td>4th Tuesday of each month (excluding Dec.) 7:00 p.m. to 8:30 p.m.</td>
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<tr>
<td></td>
<td></td>
<td>Windsor Community Living Support Services, 7025 Enterprise Way, Windsor</td>
</tr>
<tr>
<td>Windsor Parkinson’s SMART Exercise Group</td>
<td></td>
<td>Every Wednesday 2:00 p.m. to 3:00 p.m.</td>
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<td></td>
<td>Windsor YMCA, 3400 Grand Marais Rd. E., Windsor</td>
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<tr>
<td>Windsor-Essex Rock Steady Boxing</td>
<td></td>
<td>3X/wk., $100/month, Boxing Gloves required and can be purchased at a discounted rate.</td>
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<tr>
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<td>Border City Boxing Club, 1072 Drouillard Rd., Windsor</td>
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### Woodstock

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<thead>
<tr>
<th>Group Name</th>
<th>Facilitator</th>
<th>Schedule/Location</th>
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</thead>
<tbody>
<tr>
<td>Woodstock Parkinson’s Support Group</td>
<td>Anne Marie Wallace-Philips</td>
<td>4th Monday of each month (excluding July and Aug.) 2:00 p.m. to 4:00 p.m.</td>
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<tr>
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<td>UNIFOR, 126 Beale St., Woodstock</td>
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<tr>
<td>Date</td>
<td>Event Description</td>
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<tr>
<td><strong>April</strong></td>
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</tbody>
</table>
| 6 | **Parkwood Education Program (London)**  
For further information, please call Terri Labate:  
(519) 685-4292 ext. 42202  
Session 1 - April 6 – May 11  
| 10 | **Living Well Conference: Parkinson’s and Mental Health (Owen Sound)**  
Best Western Inn on the Bay  
1800 2nd Avenue East  
(See page 18 for details)  
| 11 | **Medical Reception (London)**  
Michael's On the Thames  
1 York Street  
(See page 5 for details)  
| 18 | **WEBINAR: Depression and Parkinson’s**  
Dr. Shawn Hayley  
Graduate Chair of Neuroscience, Carleton University  
12:00 noon – 1:00 pm  
| 21 | **WEBINAR: Cognitive Functioning in Parkinson’s Disease**  
Dr. Gloria Grace  
Neuropsychologist, Grace & Harnadeck Neuropsychology  
12:00 noon – 1:00 pm  
| 25 | **WEBINAR: Spinal Cord Stimulation Research in Parkinson’s**  
Olivia Samotus  
PhD Student, Western University (Supervised by Dr. Mandar Jog)  
12:00 noon – 1:00 pm  
| **May** | |
| 23 | **WEBINAR: Medication Usage in Parkinson’s**  
Dr. Galit Kleiner  
Medical Director, Jeff and Diane Ross Movement Disorders Clinic  
Assistant Professor, Neurology, University of Toronto  
12:00 noon – 1:00 pm  
| 30 | **9th Annual Parkinson Golf Classic - Presented by Rembrandt Homes (London)**  
West Haven Golf & Country Club  
(See page 17 for details)  
| **June** | |
| 11 | **HollisWealth Charity Golf Classic (Waterloo Region)**  
Rebel Creek, Petersburg  
(See page 26 for details)  
| 19 | **WEBINAR: Management of Drooling in Parkinson’s**  
Dr. Barbara Connolly  
Neurology (Movement Disorders), Hamilton Health Sciences  
Asst. Professor, McMaster University  
12:00 noon – 1:00 pm  
| 25 | **6th Annual SIGNATURES – A Taste Test of London’s Best - In Partnership with Finch Auto Group**  
Budweiser Gardens, London  
(See page 26 for details)  
| **September** | |
| 8 | **WALK-IT for Parkinson’s**  
(visit www.walk-it.ca for more details)  
Brant-Norfolk – Mohawk Park  
Goderich – Rotary Cove Pavilion  
London and District – Springbank Gardens  
Orangeville and Area – Alder Street Recreation Centre  
South Grey Bruce and Hanover – Hanover Town Park  
Stratford and Area – Upper Queen’s Park  
Waterloo Region – Resurrection Catholic Secondary School  
| 9 | **WALK-IT for Parkinson’s**  
Chatham-Kent – Kingston Park  
Owen Sound – Harry Lumley Bayshore Community Centre  
Oxford County – South Gate Centre  
Port Elgin, Kincardine and Area – North Shore Park  
Strathroy and Area – Strathroy Seniors Centre  
Windsor-Essex – Malden Park (Visitor Centre Entrance; 4200 Malden Road)  
| 16 | **WALK-IT for Parkinson’s**  
Grand Bend – Grand Bend Recreation Centre  
Sarnia-Lambton – Stoke’s Bay Grill & Bar  
Tillsonburg – Memorial Park  
| 19 | **WEBINAR: Driving and Parkinson’s**  
Drs. Jeff Holmes and Liliana Alvarez  
Assistant Professors, School of Occupational Therapy, Western University  
12:00 noon – 1:00 pm  
|
In Memoriam

We offer our sympathy to the families whose loved ones have passed away between June 1, 2017 and December 31, 2017.

<table>
<thead>
<tr>
<th>Name</th>
<th>Name</th>
<th>Name</th>
</tr>
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<tbody>
<tr>
<td>Emil Alisat</td>
<td>Richard Allen</td>
<td>Ron Ammerman</td>
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<tr>
<td>Richard Allen</td>
<td>Ron Ammerman</td>
<td>Maria Ansems</td>
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<tr>
<td>Maria Ansems</td>
<td>Elizabeth Archambault</td>
<td>Jacqueline Barnes</td>
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<tr>
<td>Jacqueline Barnes</td>
<td>Barbara Cavener</td>
<td>Elizabeth Barss</td>
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<tr>
<td>Barbara Cavener</td>
<td>Carmen Bartalo</td>
<td>Fred Basham</td>
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<tr>
<td>Carmen Bartalo</td>
<td>Howard Bast</td>
<td>Wayne Beaney</td>
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<tr>
<td>Fred Basham</td>
<td>George Beker</td>
<td>Peter Bell</td>
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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.

Why Give Securities or Mutual Funds?

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 PSSO 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.

Every Victory Counts

Essential Information and inspiration for a lifetime of wellness with Parkinson’s.

Available at Parkinson Society Southwestern Ontario through your local support group.
Who will you WALK-IT for?

Saturday, September 8:
- Brant-Norfolk – Mohawk Park
- Goderich – Rotary Cove Pavilion
- 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 9:
- Chatham-Kent – Kingston Park
- Owen Sound – Harry Lumley Bayshore Community Centre
- Oxford County – South Gate Centre
- Port Elgin, Kincardine and Area – Northshore Park, Saugeen Shores
- Strathroy and Area – Strathroy Seniors Centre
- Windsor-Essex – Malden Park

Sunday, September 16:
- Grand Bend – Grand Bend Recreation Centre — NEW
- Sarnia-Lambton – Stoke’s Bay Grill & Bar
- Tillsonburg – Memorial Park — NEW

Register Today
walk-it.ca

Recycle and Create Awareness
When you have finished reading this newsletter, please pass it on by leaving it in libraries, waiting rooms in doctors’ offices or pass it along to a friend.