

# VIEWPOINTS



A quarterly newsletter for the  
Parkinson's Community of British Columbia

FALL  
2017

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**OUR MISSION** Parkinson Society British Columbia exists to address the personal and social consequences of Parkinson's disease through education, outreach, scientific research, advocacy and public awareness.

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## Your support is essential!

**PSBC** would not exist without the generosity of its members, donors and volunteers since it receives no government support.

The following are the many ways you can support your society:

### Shoppers Optimum Points™

You can now donate your Shoppers Optimum Points™ to Parkinson Society BC. For more information, visit: <https://www1.shoppersdrugmart.ca/en/optimum-new/donate-transfer>

**Membership**—\$25 annual fee

### Monthly, Quarterly or Annual Donation

**United Way**—Remember PSBC when giving through United Way

**Special Events**—Your participation in our special events makes a difference

### Planned Giving and Bequests

Consider **PSBC** as a beneficiary in your Will

## Editorial Statement

The views and opinions expressed within the pages of *Viewpoints* are not necessarily those of Parkinson Society British Columbia. The intention is to provide the reader with a wide range of material. Parkinson Society British Columbia welcomes submissions for the newsletter. The editor reserves the right to edit material and to withhold material from publication.

Articles contained in *Viewpoints* are for information only. PSBC does not guarantee nor endorse any product or claim made by an author. In matters of medical treatment or therapy, patients should consult their physicians.



## Don't forget to renew your membership!

Being a member of Parkinson Society British Columbia (PSBC) is a great way to stay up-to-date on local events and access current information about Parkinson's disease (PD).

By renewing your membership today you can help PSBC advocate for improved health care which will make a significant and positive difference in the lives of those living with Parkinson's and their families.

**"We wanted to be connected to more information about Parkinson's disease that was specific to where we lived. Now we have access to information, resources, knowledgeable personnel and events. Not only that, but by being a member we support PSBC in providing resources to many people in B.C. who are able to benefit from them."**

— GEORGE & PAT

### Membership benefits:

- **NEW! Receive an exclusive members-only lapel pin (maximum two per household).**
- Viewpoints subscription. This newsletter is published quarterly and full of inspiring articles, interviews, latest research, community updates, news and events as well as many practical suggestions on how to live well with Parkinson's.
- Discounts on educational conferences and seminars.
- Access to a number of resources including videos, DVDs, books and journals.
- Help shape Parkinson Society British Columbia's future by attending our Annual General Meeting and voting for our next Board of Directors.
- Access to pro bono legal services for issues such as discrimination against individuals with Parkinson's in the workplace.



### Cost:

Membership costs just \$25 a year for your household.

### Renew today:

- **Renew online** at [www.parkinson.bc.ca](http://www.parkinson.bc.ca)
- **Call us** and let us know you'd like to renew at 1-800-668-3330 or 604-662-3240.

No one should have to face Parkinson's alone. We hope that we can count on your continued support in 2018!

Sincerely,

Jean Blake  
Chief Executive Officer



## Repairing the Transportation System Within Our Brain Cells

Within every brain cell, proteins are constantly moving from one compartment to another. As new proteins are produced, others are degraded or recycled – an internal traffic system designed to keep the neurons healthy and ensure the body functions properly. Unfortunately, if one or more proteins within those cells malfunction, the whole system can break down.

Researchers theorize that in Parkinson’s disease, an accumulation of proteins that don’t get cleared away, such as clumps of alpha-synuclein, can cause dopamine-producing brain cells to die and lead to the movement disorder. At the University of British Columbia (UBC), graduate student Stefano Cataldi is studying a particular protein, called VPS35. He believes VPS35 is involved in regulating this cellular traffic flow. He is trying to identify the specific role that the protein plays in the process.

Cataldi, a neuroscientist, is using mouse models of Parkinson’s disease to observe the way that mutated forms of VPS35, or mouse models where the gene is absent, affect movement and the symptoms of the neurodegenerative disease. “We want to know why, when this protein is altered, you have these malfunctions, and what that means in the mouse behaviour,” Cataldi says. If he can determine whether VPS35 is working more or less than it should be during the protein transportation process, Cataldi believes the protein might become a drug target that could either slow down or speed up the traffic jam taking place within affected brain cells. Unclogging that traffic jam early in the process of neurodegeneration, before the symptoms of Parkinson’s are advanced, could preserve neurons and prevent the progression of the disease. “The



### RESEARCH GRANT



Repairing the transportation system within our brain cells

#### RESEARCH PROFILE

Stefano Cataldi, PhD Student

#### INSTITUTE

University of British Columbia, Centre of Applied Neurogenetics

#### PILOT PROJECT GRANT

Quebec Research Fund on Parkinson’s and Parkinson Society British Columbia’s Graduate Student Award of \$30,000 over 2 years

(Parkinson Canada Research Program)

neuron is still alive, so we could still fix the problem before it dies,” he says.

Cataldi, whose background is in pharmacology, began studying Parkinson’s disease at the University of Ferrara in his native country of Italy. When he moved to Vancouver to complete his PhD at UBC, Cataldi also began volunteering in the Parkinson’s community. In fact, you may have seen him at the registration table at *Moving Forward, Together!* Volunteering has fueled his passion to continue his research into the causes of this disease. “Parkinson’s patients don’t give up. They are singing and exercising and dancing and doing whatever they can to beat this disease,” Cataldi says. “When they come to you as a scientist, they actually thank you for what you’re doing. I think they are amazing people.”

Stefano’s presentation at Parkinson Society BC’s AGM is available for online viewing at:

<http://bit.ly/AGMStefano>

## The Music-Mind Connection

with SUN NEE TAN



**Sun Nee Tan** is a second year PhD student working under the supervision of Dr. Martin McKeown, Clinical Director of the Pacific Parkinson's Research Centre (PPRC) at University of British Columbia (UBC).

Sun Nee is investigating mechanisms through which a home-based, rehabilitative intervention that employs music, exercise and sensory-motor contingency could potentially encourage improvement in gait, balance, cognition and quality of life for people living with Parkinson's disease (PD). Her work has been highlighted in the *Globe and Mail* for her participation in the "3 minute thesis" competition.

Sun Nee completed her undergraduate studies at King's College, London, England and was elected as an Associate of King's College (AKC) in 2007. In 2013, she completed her MSc (Neuroscience) from UBC under the supervision of Dr. Brian Cairns. Other than research and teaching, her interests include dancing, cooking, travelling and participating in various outdoor activities.

**?** *How did you become interested in conducting research into Parkinson's disease?*

My late grandfather lived with Parkinson's disease for years. He was undiagnosed for the first decade or two, and was only prescribed medication when the disease became more advanced. I remember he was always a cheery man, going about our village with a walking stick. He would shake constantly and the only times the tremors would stop were when he was writing

letters back to his home country. I witnessed his decline to dementia and experienced first-hand the challenges of caregivers as my parents and relatives were struggling to provide the best care for him. These are all very vivid memories for me, and my primary personal reason for getting into Parkinson's research.

My professional inspiration came from my experiences doing chronic pain research at UBC for my MSc and my investigations into the effects of biological sex (male vs. female) on manifestations of neuropathy.

**?** *Can you describe your research methods?*

I designed a longitudinal (long-term) randomized clinical trial. Patients with Parkinson's were asked to walk without music, walk while music was played continuously and walk in time with musical cues. We monitored the patients' progression of motor and non-motor symptoms, behavioural improvements, cognitive performance and asked them numerous questions to get a sense of their overall quality of life. We also scanned patients under MRI using various scanning protocols to measure any alterations in brain structures and functions over time.

**?** *Have you been able to draw any conclusions so far? If so, what are they?*

Clinically, we noticed that patients' motor symptoms did improve in a meaningful manner when they were walking to music. This gives us hope that our research is heading in a positive direction! We have observed some changes in the anatomy of the brain (white matter tracts) and functions. Further to this, we are currently working on understanding what these changes mean and whether they are related to improvements in patient's behaviour and symptoms, or simply a reflection of the slow progression of the disease.

*continued on page 12...*

## Reflecting on the *Moving Forward, Together* Conference



*Dr. Beate Ritz discusses the relationship between Parkinson's disease and environmental risk factors*

On Saturday, June 3, 2017 Parkinson Society BC held its first provincial conference in five years. Over 350 individuals, including people with Parkinson's, carepartners and healthcare professionals gathered in Richmond, BC for a day of learning with local and international experts.

The day kicked off with a powerful motivational speech from Leslie Davidson. "I am not an expert in anything Parkinson's related or otherwise, but the one thing that I have come to believe

in the last few years is that the stories we tell each other build connections in our external worlds, and how we tell them directly affects what we think and feel in our internal ones". Leslie went on to describe her experience as a carepartner for her husband with Parkinson's disease (PD), emphasizing the importance of "trusting in kindness". Afterwards, Dance for PD® instructor Meghan Walker Straight led the full room in a fun and challenging dance warm-up. The rest of the morning consisted of two plenary talks presented by Dr. Beate Ritz from the University of California,

Los Angeles (UCLA) and Dr. Benzi Kluger from the University of Colorado.

In the afternoon, attendees were able to select two breakout sessions with topics ranging from *Sex & Parkinson's Disease*, presented by Dr. Laurel Paterson; *Advanced Symptoms*, led by UBC Professor and Parkinson Society British Columbia (PSBC) Board Medical Advisor Dr. Martin McKeown; to *YOPD* and the *Carepartner Experience*, panel discussions led by social worker Elaine Book, MSW.

*Moving Forward, Together* was designed to be more than an educational conference. Conversations and questions were encouraged throughout the day's sessions. Additionally, rather than focusing purely on the theoretical, experts explained their work and findings in everyday language which allowed attendees to utilize the information in their daily lives. Between talks and activities, refreshments were offered and exhibitors showcased their services for the Parkinson's community.

Parkinson Society BC strives to make information on disease management and the latest research as accessible as possible to the Parkinson's community.

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**Thank you!** *Moving Forward, Together* was made possible due to the strong support of the Parkinson's community here in British Columbia. Parkinson Society BC would like to thank all the volunteers, staff and attendees who made it possible. In addition to a number of exhibitors and sponsors, we would like to extend special thanks to AbbVie Canada for their financial support.



Attendees partake in a Dance for PD® demonstration.

As such, in addition to providing attendees with materials from the sessions, we have made most of the conference information available online so those who were unable to attend can still engage with materials of interest.

Resources from *Moving Forward, Together*, including slides and take home messages are available at [www.parkinson.bc.ca/movingforward](http://www.parkinson.bc.ca/movingforward).



Video recordings of select presentations are available at <http://bit.ly/MFTvideos>.



If you would like presentation slides or take home messages mailed to you, please contact Jaclyn Willems, Education & Support Services Coordinator, at [jwillems@parkinson.bc.ca](mailto:jwillems@parkinson.bc.ca) or 1-800-668-3330.

## ► FEEDBACK

*"I just wanted to take a moment to thank you all again for all your hard work. The conference ran like clockwork and the speakers were great. All were very interesting and best of all not so clinical that I couldn't understand. Sessions that I sat in on seemed to be very well received with lots of questions and a few laughs. None ran too long and there were enough breaks to ease to the back and to have a look around."*

– EDITH E.

*"It is inspiring to hear speakers with evident expertise in their fields [...] competently presenting complex ideas to a general audience."*

– DAVID G.

## Dealing with Seasonal Changes

For many Canadians, the beginning of autumn requires adjusting to shorter days and colder weather; for those living with Parkinson's disease (PD), these seasonal changes involve some additional considerations to ensure one's safety and well-being. Below you will find a few tips on how you and your household can prepare.

### **Exercise care in wet and slippery conditions**

British Columbia usually receives quite a bit of precipitation during the colder months which, in combination with newly fallen leaves, can create slippery conditions. As PD symptoms and medications can affect balance and coordination, it is important for people with PD to monitor their blood pressure and continue to exercise regularly. Furthermore, as we trade in sandals for sneakers and boots, make sure you look for comfortable footwear with good arch supports (Parkinson Society British Columbia, 2016).

Parkinson Society British Columbia (PSBC) has produced an *In-Home Safety Checklist* and a help sheet on *Balance and Falling*, which provides more in-depth information and recommendations. These resources are available online or by mail. You can access these resources by visiting the following links:

- <http://bit.ly/BalancingFalling>
- <http://bit.ly/InHomeSafetyCheck>

### **Winter-proof your home**

Colder weather can be particularly uncomfortable for people with Parkinson's symptoms, and as weather patterns become more unpredictable, there's no better time than now to perform maintenance around your home. Now is a good time to get your chimney, furnace or windows inspected. In the winter, not only do you want to keep your home heated, but you'll want to avoid air leaks. You may also want to have your gutters cleaned, in addition to scheduling a

roof inspection to catch and fix any missing or faulty shingles (Parkinson's Focus Today, 2009).

### **Driving**

Wet and slippery roads coupled with changing light conditions – both natural and artificial – can make driving in the fall and winter months challenging. While a number of studies have determined that people with Parkinson's disease tend to experience longer reaction times, reduced steering accuracy and stiffness in the neck and arms, there is also a need to consider the side effects from medication, which include sleepiness, dizziness, blurred vision, confusion and memory impairment.

Despite the increased risks, many people with Parkinson's continue to drive for years after their diagnosis. There are a number of actions you can take right now to monitor your driving:

- Ask your doctor whether your medications may affect your driving
- Be aware of the variation in your energy levels or "on/off" periods
- Eliminate distractions while driving
- Avoid nighttime driving if you are affected by vision changes in reduced light

*continued on next page...*





If you're unsure about your driving abilities, you and/or a loved one can conduct the following "driving audit".

**When you drive, do you:**

- Remember to buckle up?
- Obey stop signs and traffic lights?
- Get lost, even on familiar routes?
- Drive at the appropriate speed?
- Yield the right of way?
- Stop at green lights or at the wrong time?
- Miss noticing others on the road?
- Stray out of your lane?
- Get honked at or passed often?
- React too slowly to changing situations?

**As a driver, have you experienced:**

- Recent near misses or fender benders?
- Recent tickets for traffic violations?
- Comments from passengers about close calls and/or near misses?
- Recent increase in your car insurance premiums due to traffic violations, accidents, etc.?

If your driving is a concern to you or others, you may want to consult with your doctor about your medications. In BC, the Driver Fitness Unit of the Office of the Superintendent of Motor Vehicles (OSMV) administers vision and medical tests to help determine if individuals can drive safely.

PSBC offers the following resources for drivers with Parkinson's disease:

- Parkinson's and Driving Help Sheet (<http://bit.ly/PDDriving>)
- RoadSafetyBC: Driving and Parkinson's Webinar Recording (<http://bit.ly/RoadSafetyBCWebinar>)

More information and resources are also available from the following third parties:

- Province of British Columbia – Driving and Transportation (<http://www2.gov.bc.ca/gov/content/transportation>)
- Insurance Corporation of British Columbia ([www.icbc.com](http://www.icbc.com))
- DriveABLE – innovative technology to help determine driving competency ([www.driveable.com](http://www.driveable.com) or 1-855-387-7747)

**Managing shorter days and longer nights**

With shorter daytime hours and longer evenings, you may be tempted to make changes to your routine. While this may be necessary, we encourage you to continue to get adequate sleep and exercise. If you notice changes to your mood, especially depression and anxiety, it is important to inform your doctor. Even if they opt to continue with your existing medication regimen, you might be a suitable candidate for counselling or light therapy.

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More information on the subject matter discussed in this article is available in the outlined resources as well as our website at [www.parkinson.bc.ca/resources](http://www.parkinson.bc.ca/resources). If you would like to speak directly with a PSBC staff member, please contact Jaelyn Willems, *Education & Support Services Coordinator*, at [jwillems@parkinson.bc.ca](mailto:jwillems@parkinson.bc.ca), 1-800-668-3330 or 604-662-3240.

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**References**

Parkinson's Focus Today. (2009, October). *Winter is no friend to Parkinson's Disease* [Blog post]. Retrieved from: <http://parkinsonsfocustoday.blogspot.ca/2009/10/winter-is-no-friend-to-parkinsons.html>.

Parkinson Society British Columbia. (2016, April 11). *Managing Balance Difficulties Associated with Parkinson's*. Retrieved from: <https://www.parkinson.bc.ca/media/31449/balancing-and-falling.pdf>.

## Stress Test

The following test will help you become aware of the stress and pressure you may be feeling as a caregiver/carepartner. If you respond to two or more of the following statements with “Always,” “Usually” or “Often”, it may be prudent to dedicate more time to your own well-being.

Parkinson Society British Columbia has a number of resources available to help carepartners better manage their self-care and responsibilities. This includes free consultations conducted over the



phone or in-person, which will provide you with more detailed information and/or referrals. We also provide a free, short-term counselling service for those that may benefit from more in-depth discussions and goal-setting.

Please evaluate each of the following statements using the options provided below.

1 = Seldom    2 = Sometimes    3 = Often    4 = Usually    5 = Always

- \_\_\_\_\_ I find I can't get enough rest.
- \_\_\_\_\_ I don't have enough time for myself.
- \_\_\_\_\_ I don't have time to be with other family members besides the person I care for.
- \_\_\_\_\_ I feel guilty about my situation.
- \_\_\_\_\_ I don't get out much anymore.
- \_\_\_\_\_ I have conflict with the person I care for.
- \_\_\_\_\_ I have conflicts with other family members.
- \_\_\_\_\_ I cry every day.
- \_\_\_\_\_ I worry about having enough money to make ends meet.
- \_\_\_\_\_ I don't feel I have enough knowledge or experience to give care as well as I'd like.
- \_\_\_\_\_ My own health is not good.

**Source:** Robert S. Stall, M.D. (2002). *Caregiver's Handbook*: Buffalo, New York.

For more information, please contact Jaclyn Willems, Education & Support Services Coordinator, at [jwillems@parkinson.bc.ca](mailto:jwillems@parkinson.bc.ca), 1-800-668-3330 or 604-662-3240.



## 5 Ways to Reduce Stress Right Now

Stress is a natural reaction to strenuous circumstances. However, unless it is managed, it can significantly impact your quality of life. The most important course of action is to take care of yourself and stay healthy. Regardless of how you may have scored in the Caregiver/Carepartner Stress Test, here are five activities you can do now to alleviate stress:

- 1 Go for a walk.** Your body needs to move, and the rush of endorphins will help you get through the day. You may also want to look for other ways to be physically active – even stretching at home can help you get out of an emotional rut.
- 2 Socialize.** Human beings are social by nature. As such, it is important to make time to socialize often. Try to find free events or activities to invite your friends to – like a walk in the park or a local concert in your community.
- 3 Rest.** The importance of rest should not be ignored. If you find your sleep cycle is interrupted, try to take it easy the next day. If you're having

trouble sleeping consistently, you may want to make some adjustments to your routine such as blacking out your drapes or wearing an eye mask; going to bed and waking up at the same time every day; avoiding using electronics an hour before bed; and eliminating caffeine in the evenings.

- 4 Journal.** Whether you recount your day or simply jot down the good things that have happened, some caregivers/carepartners find the process of journaling relaxing and a way to make sense of the day's events.
- 5 Eat healthily.** A healthy diet can be as simple as eating lean meats (or plenty of nutritious meat alternatives), complex carbohydrates and a variety of vegetables. Try to limit your sugar and processed food intake. If you drink coffee or alcohol, try to limit your coffee intake to one cup per day and consume alcoholic beverages in moderation. Finally, remember to drink plenty of liquids – water or sugar-free juice is the way to go (Public Health Agency of Canada, 2011).

**Source:** Public Health Agency of Canada. (2011, May 3). *Self-Care for Caregivers*. Retrieved from: <http://www.phac-aspc.gc.ca/publicat/oes-bsu-02/caregvr-eng.php>.



Help us reduce our carbon footprint by electing to receive your *Viewpoints* subscription by email.

Parkinson Society British Columbia is proud to offer *Viewpoints* as a benefit to members, major donors and like-minded organizations/businesses that provide services to the Parkinson's community.

Recently, many publications have been going digital and we have been receiving requests from *Viewpoints* subscribers who have asked for their subscriptions to be delivered by e-mail. While *Viewpoints* has been available in digital format for some time, due to the aforementioned reasons and our commitment to reducing our carbon footprint, we have decided to start a formal digital subscription program for *Viewpoints*.

**If you would be interested in helping to reduce our carbon footprint by receiving your *Viewpoints* subscription by email in lieu of a print copy, please visit <http://bit.ly/ViewpointsSubscription> and fill out the short request form.**

Please note that if you do not fill out this form, you will continue to receive *Viewpoints* by post as you normally have.

Your subscription to *Viewpoints* will automatically renew if your membership and/or donor status remains active. A reminder that our membership year runs from January 1 to December 31, and that membership renewal begins September 1 for the following year.

## National Seniors Day – October 1

Did you know that October 1 is National Seniors Day? This is an opportunity for all Canadians to appreciate and celebrate seniors and their contributions to communities, workplaces and Canadian society. Thank you!

Learn more on the official Government of Canada Seniors Day Facebook page: <https://www.facebook.com/SeniorsinCanadaAineauCanada/>



### ASK AN EXPERT: THE MUSIC-MIND CONNECTION

*continued from page 5*



***Is there anything else you would like to add?***

I would like to convey my most sincere gratitude to Parkinson's patients who have been so generous with committing their time to research, both to my own and other projects. In the years I have spent

interacting with these patients at UBC, their positive spirits have not only bolstered my commitment and desire to contribute, but they also inspire me to continue moving forward despite many personal and professional challenges.

## Fundraising Events

Many thanks to the following service clubs, organizations and companies for their generous donations to Parkinson Society British Columbia:

- **The Burnaby Lougheed Lions Club** | \$700



- **Fraternal Order of Eagles, Aerie #2075** | \$1,500

- **High Tide Yoga in Kelowna by donation, organized by Carly Barron & Conor Barrie** | \$1,000

- **KPMG Jeans Day** | \$480

- **Phillips Brewing & Malting Company Beer Tasting** | \$1,180

- **Pies for Parkinson's hosted by the residents of the Casa Loma Retirement Home in Courtenay** | \$250

- **Meat Draw at Friendly Mike's Pub in Chilliwack** | \$480

- **Yoga by the Nanaimo Support Group** | \$480

### ■ WALKING TO EVEREST

When Dean Tweedle was diagnosed with Parkinson's in 2013, he was determined to continue to live his life to the fullest. As experienced travelers, Dean and his wife Glenni took on the challenge of a lifetime by attempting to climb from Kathmandu, Nepal to Everest Base Camp. While they were forced to turn around early due to health reasons, they climbed 15,400 feet in the Himalayas and raised \$5,795 for research contributions through PSBC!

### ■ SHAKIN' THE ROCK

From June 11th to 16th, with a team of 20 cyclists, The Parky's Pedalers rode 500 km across Vancouver Island, from Port Hardy to Saanichton. Along the way they met with support groups to raise funds and awareness for Parkinson's disease. The ride was not without its challenges – and some rain! Shakin' the Rock participants raised an incredible \$14,600!

### ■ FULL THROTTLE

On the morning of May 28, motorcycle and car enthusiasts came together for a scenic charity ride from Vancouver to Whistler on the stunning Sea to Sky Highway. In its first year, Full Throttle raised over \$18,900! The Society would like to extend an extra special thanks to Jim Smerdon for his incredible leadership efforts in spearheading this event.



### ■ CHAMPIONS FOR PARKINSON'S RAFFLE & ME-N-ED'S PIZZA PARLORS GOLF TOURNAMENT

Thank you to everyone who purchased tickets as part of the Champions for Parkinson's Raffle. With the grand prize of a trip for two to anywhere WestJet flies, generously donated by WestJet, the raffle was a huge hit, raising \$7,310! Special thanks to Scotiabank and Me-n-Ed's for their donations totaling \$6,680 as a result of the 10th Annual Me-n-Ed's Charity Golf Tournament. We appreciate your ongoing support of the Parkinson's community in BC.

### ■ SMASH TENNIS TOURNAMENT

It was nothing but sunny skies for the SMASH tennis tournament on Saturday, June 24! The event brought together individuals for a friendly competition in support of a good cause and raised \$11,930!

### ■ ELK VALLEY PARKINSON'S GOLF TOURNAMENT

Members from the Elk Valley Parkinson's Support Group held the 2nd annual Elk Valley Golf Tournament to benefit Parkinson Society BC on July 8 at the Sparwood Golf Course, raising just over \$6,750!

### ■ PARKINSON SUPERWALK

Thank you to everyone who has supported Parkinson SuperWalk 2017 so far! If you would like up-to-date walk or donation information please visit

👉 [www.parkinson.bc.ca/SuperWalk](http://www.parkinson.bc.ca/SuperWalk).

Special thank you to our provincial sponsor, Global BC!



## EDUCATION AND SUPPORT SERVICES EVENTS

### ONLINE CAREPARTNER SUPPORT GROUP

SEPTEMBER  
**20**



This monthly online support group is geared towards individuals who care for someone with Parkinson's disease. Whether you are a spouse, partner, adult child or friend, Parkinson Society British Columbia invites you to join our growing online community of support.

**Date:** Every third Wednesday of the month beginning September 20

**Time:** 9:00am – 10:00am

**Place:** via webinar  
A valid internet connection will be required to participate.

### COMMUNICATION AND SWALLOW WORKSHOP

SEPTEMBER  
**23**

**Courtenay / Comox**

**Date:** Saturday, September 23

**Time:** 10:00am – 2:30pm

**Place:** Crown Isle Resort & Golf Community  
399 Clubhouse Drive, Courtenay

**Cost:** \$40 Member  
\$70 Member (Pair)  
\$50 Non-member  
\$90 Non-member (Pair)

### VERNON COMMUNITY TALK – EXERCISE AND MEDICATION MANAGEMENT FOR PEOPLE WITH PARKINSON'S

OCTOBER  
**14**

**Vernon**

Speakers at this session will discuss the importance of exercise and tips on medication management for people with Parkinson's disease (PD). Attendees will also have the opportunity to try boxing!

**Date:** Saturday, October 14

**Time:** 1:00pm – 3:30pm (registration opens at 12:30 pm)

**Place:** Vernon Lodge & Conference Centre  
3914 32nd St, Vernon

**Cost:** \$5 Member / \$10 Non-Member

### CRANBROOK COMMUNITY TALK – MEDICATION MANAGEMENT

OCTOBER  
**18**

**Cranbrook**

At this evening education event, Cheryl Daniels, a nurse from the Kelowna MS and Movement Disorders Clinic, will be speaking about medication management for Parkinson's disease.

**Date:** Wednesday, October 18

**Time:** 7:00pm – 8:00pm

**Place:** Heritage Inn Hotel & Convention Centre  
803 Cranbrook St N, Cranbrook

**Cost:** Free

### ASK THE EXPERT WEBINAR SERIES: DEEP BRAIN STIMULATION FOR PEOPLE WITH PARKINSON'S

OCTOBER  
**24**

**Date:** Tuesday, October 24

**Time:** 10:00am – 11:00am

**Place:** via webinar  
A valid internet connection will be required to participate.

**Cost:** Free





For further information and registration, visit the Education Events page on our website at: [www.parkinson.bc.ca/education-events](http://www.parkinson.bc.ca/education-events)

## DEBRIEFING THE CAREGIVER ROLE

### Vancouver

Parkinson Society British Columbia is committed to honouring our slogan, "You are not alone. We are here to help." This is why, in collaboration with the Pacific Parkinson's Research Centre, we are offering a grief support group session to help those who have recently lost a loved one to PD.

**Date:** Thursday, October 26

**Time:** 12:00pm – 2:00pm

**Place:** Kensington Branch – Vancouver Public Library  
1428 Cedar Cottage Mews, Vancouver

**Cost:** Free

OCTOBER

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## NEWLY DIAGNOSED WEBINAR SERIES: WHAT YOU WANT TO LEARN TODAY TO BETTER YOUR TOMORROW

Everyone responds in a different way when told they have Parkinson's disease. For some, the diagnosis may be a relief. Others, however, may find themselves in denial and need some time to accept the diagnosis. As you adjust, understand that experiencing a wide variety of emotional reactions is common. You will likely have questions about how to cope and what the future may hold. This webinar series will attempt to answer some of these questions.

If you have been newly diagnosed with Parkinson's disease, we invite you to join Parkinson Society British Columbia (PSBC) and special guests for a 4 week webinar series every Friday in November.

**Date:** Every Friday in November

**Time:** 10:00am – 11:00am

**Place:** via webinar  
A valid internet connection will be required to participate.

**Cost:** Free

NOVEMBER

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## NANAIMO COMMUNITY TALK – COGNITIVE CHANGES WITH PARKINSON'S DISEASE

### Nanaimo

In the later stages of Parkinson's disease (PD) some people may experience cognitive changes including difficulties with attention, task completion, decision-making, problem solving, memory and word-finding. This talk will discuss these changes and the effect they may have on one's daily life.

**Date:** Friday, October 27

**Time:** 1:30pm – 3:00pm

**Place:** Beban Park Recreation Centre  
2300 Bowen Road, Nanaimo

**Cost:** Free

OCTOBER

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## COMMUNICATION AND SWALLOW WORKSHOP

### Chilliwack

**Date:** Saturday, November 4

**Time:** 10:00am – 2:30pm

**Place:** Best Western – Rainbow Country Inn  
43971 Industrial Way, Chilliwack

**Cost:** \$40 Member  
\$70 Member (Pair)  
\$50 Non-member  
\$90 Non-member (Pair)

NOVEMBER

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# advocacy update

## ***Young Onset Parkinson's Disease***

With younger people being diagnosed with Parkinson's disease, we have received an increase in calls for assistance regarding when to disclose your illness to an employer, legal advice on the employer's duty to accommodate and long term disability.

If you require information on legal issues relating to Parkinson's disease, we recommend you review our Legal Series of help sheets, available on our website at: <https://www.parkinson.bc.ca/resources>.

## ***Treatments for Advanced Parkinson's Disease Under Consideration for Public Funding***

Recently, a decision was made by the BC Ministry of Health to learn more about treatments for advanced Parkinson's disease, such as Deep Brain Stimulation and Duodopa therapy, when compared with oral medications for effectiveness and cost.

The Ministry of Health partnered with Vancouver Coastal Health Authority to conduct the Health Technology Review process to provide evidence-informed recommendations about which non-drug health technologies should be publicly provided in the province.

Parkinson Society BC assisted in this project by providing information to the researchers and assisting in the recruitment of patients. The Society hopes that the outcomes of the assessment will lead to improved access to all therapies.

## ***Our Four Point Plan***

The Society plans to continue to advocate for our four point advocacy plan this fall (<https://www.parkinson.bc.ca/fourpointplan>). If you have not yet volunteered as an advocate, we encourage you to consider participating. Adding your voice makes a tremendous difference!

 Questions? Call or email Jean Blake, Chief Executive Officer  
604 662 3240 | 1 800 668 3330 | [jblake@parkinson.bc.ca](mailto:jblake@parkinson.bc.ca)

**Parkinson Society  
British Columbia**  
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Vancouver, BC V6C 1J9



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