

# GROUPLINK 1

UPCOMING EVENTS | NEWS & ANNOUNCEMENTS | DISCUSSION TOPIC | CAREPARTNER'S CORNER FEBRUARY 2018

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## UPCOMING EVENTS

Parkinson Society British Columbia (PSBC) endeavours to make attendance at events accessible to all who may benefit. The Society may be able to subsidize attendance fees for those who require financial assistance.

**Please contact Caroline at [cwiggins@parkinson.bc.ca](mailto:cwiggins@parkinson.bc.ca) or 1-800-668-3330 for more details.**

### STEP BY STEP

Starting Tuesday, April 11, Parkinson Society British Columbia is bringing back the Step by Step program for a fourth consecutive year! Step by Step is a 12-week walking program aimed at incrementally improving the number of average daily steps taken by an individual. The first week will determine each walker's baseline, and then each week they will be encouraged to increase their steps based on a personal goal. While participants are encouraged to walk and track their own steps, a community group leader will organize a weekly walk allowing walkers to meet, socialize and help support one another.

The goal of this program is to help motivate people to become physically fit to combat the symptoms of Parkinson's disease. We hope to encourage people to continue a regular exercise routine following the program.

Interested in becoming a Step by Step leader in your community? As a team leader you would be responsible for organizing a weekly walk, selecting walking locations and motivating your team! Contact Caroline at [cwiggins@parkinson.bc.ca](mailto:cwiggins@parkinson.bc.ca) or 1-800-668-3330 to learn more.

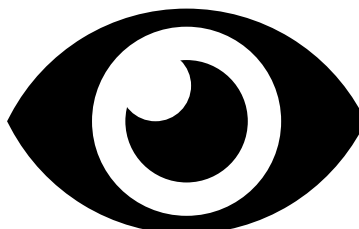
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### ASK THE EXPERT WEBINAR: VISION ISSUES IN PARKINSON'S

People with Parkinson's experience a variety of symptoms, some of which are lesser known, including problems with their eyes and vision. Visual disturbances can be associated with the disease itself, or as a side effect of medications. Ophthalmologists can assist in determining the cause of the problem.

On February 20, [Jason Barton](#), neuro-ophthalmologist at St. Paul's Hospital and Professor of Medicine (Neurology) at the University of British Columbia, will join Parkinson Society BC (PSBC) for the first time to address issues with vision in Parkinson's disease.

Date: Tuesday, February 20, 2018  
Time: 10:00am – 11:00am  
Location: Via webinar. *A valid internet connection will be required to participate.*  
Cost: Free  
Registration: [www.parkinson.bc.ca/vision-webinar](http://www.parkinson.bc.ca/vision-webinar)



### TIME OUT FOR CAREPARTNERS WORKSHOP, NANAIMO

On February 24, we invite carepartners/caregivers to join us for a day of education, socialization and relaxation. Expert speakers will share experiences and strategies for coping with the complexities that arise as a result of Parkinson's disease (PD). Lunch and light refreshments will be provided.

**SPECIAL NOTICE:** An adjacent room will be available for people with Parkinson's (PwP) to partake in activities (e.g., light exercise, games, socializing), while their carepartner participates in discussions with other carepartners. We ask that PwP coming to this event respect this room divide, and refrain from attending sessions intended for carepartners. This room will be managed by volunteers who will provide companionship and light exercise activities. **The volunteers will not be medical professionals.**

Date: Saturday, February 24, 2018  
Time: 10:00am – 3:30pm  
Location: Vancouver Island Conference Centre  
101 Gordon Street, Nanaimo ([map](#))  
Cost: Member \$30 / Members (Couple/Pair) \$45  
Non-member \$40 / Non-members (Couple/Pair) \$55  
Registration: [www.parkinson.bc.ca/TOFC-nanaimo](http://www.parkinson.bc.ca/TOFC-nanaimo)

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### COMMUNITY TALK: MEDICATION MANAGEMENT, VANCOUVER

On March 7, join Parkinson Society British Columbia (PSBC) as we host an afternoon of education at the Italian Cultural Centre. Movement Disorder Specialist, Dr. Jonathan Squires, from Pacific Parkinson's Research Centre at UBC, will provide an overview of Parkinson's disease, treatment options and tips for medication management.

Date: Wednesday, March 7, 2018  
Time: 1:30pm – 3:30pm (registration opens at 1:00pm)  
Location: Italian Cultural Centre – Trattoria Hall  
3075 Slocan Street, Vancouver ([map](#))  
Cost: PSBC Member \$5  
PSBC Non-Member \$10  
Registration: [www.parkinson.bc.ca/vancouver-community-talk](http://www.parkinson.bc.ca/vancouver-community-talk)



## REGIONAL CONFERENCE, VICTORIA

Parkinson's disease is a unique and complex condition. To assist in expanding your knowledge of the disease, on March 24, Parkinson Society British Columbia (PSBC) will be hosting an afternoon of learning in Victoria. Our regional conferences are immersive and interactive opportunities for people affected by the disease to learn from leading experts while connecting with the Parkinson's community.

Topics covered at this conference will include:

- Keynote Address: Dr. Jon A. Stoessl, Co-Director of Djavad Mowafaghian Centre for Brain Health at UBC
- Emergency Preparedness and Risk Management: Karen Martin, Disability Alliance and Rajpreet Sall, Emergency Management Community Liaison at the City of Victoria
- Enhancing Communications – Taking Care of Your Voice: Sue Decker, Registered Speech-Language Pathologist

Date: Saturday, March 24, 2018

Time: 1:00pm – 4:30pm (registration opens at 12:30pm)

Location: Sandman Victoria

2852 Douglas Street, Victoria ([map](#))

Cost: PSBC Member \$15 / PSBC Members (couple/pair) \$25

PSBC Non-member \$25 / PSBC Non-members (Couple/Pair) \$45

Registration: [www.parkinson.bc.ca/victoria-conference](http://www.parkinson.bc.ca/victoria-conference)



For a listing of all upcoming education events, visit our [education events calendar](#).

# Champions FOR PARKINSON'S

- Shake, Shake, Shake: May 25 ([read more](#))
- Full Throttle: May 27 (registration available in March)
- Shifting Gears for Parkinson's: Continuing until October 31 ([read more](#))
- Donate a Car Canada: Ongoing ([read more](#))
- Naturally Urban Pet Food Delivery Sales: Ongoing ([read more](#))
- Tea Parky: 35% from every sale on [TeaParky.com](http://TeaParky.com) will go to PSBC, ongoing. *Special: Use promo code PSBC at checkout for 10% off your purchase.*
- Thoughts R Life Apparel: Online apparel sales that benefit PSBC, ongoing ([read more](#))

Do you want to help fund research, grow support networks and improve quality of life for those living with Parkinson's? Become a Champion for Parkinson's and plan your own independent community fundraising event! Please contact Mirela at [mdzaferovic@parkinson.bc.ca](mailto:mdzaferovic@parkinson.bc.ca) or 1-800-668-3330.

### GROUPLINK SURVEY

In January, we sent each support group facilitator paper copies of a GroupLink survey to distribute to support group participants. Think of the survey as a group activity! Your feedback is extremely valuable and will help us make improvements to the publication in the future. Please take the time to fill out the survey and return it to your facilitator. Surveys are due back at Parkinson Society BC's office on Wednesday, February 28.



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### NEW! ALLIED TEAM TRAINING FOR PARKINSON'S SCHOLARSHIPS: CAN YOU HELP PROMOTE THIS OPPORTUNITY?

Designed by the Parkinson's Foundation and the International Parkinson and Movement Disorder Society (MDS), the Allied Team Training for Parkinson's™ (ATTP) comes to Vancouver, BC April 4 - 6, 2018. This three day on-site course was developed to increase the knowledge of Parkinson's disease and build capacity for comprehensive inter-professional care in the treatment of Parkinson's disease. Prior to the course, each registrant will complete three online preparatory modules, which include an overview of Parkinson's disease, interdisciplinary care teams and neuropsychiatric symptoms and management.

**This course is intended for healthcare professionals such as doctors, nurses, nurse practitioners, occupational therapists, physician assistants, physical therapists, speech language pathologists and social workers who are interested in education about management of medication and care challenges in Parkinson's disease (PD).** It is believed that further education can make the difference between satisfaction and despair for patients, caregivers and staff providing the care.

To maximize the benefit of the ATTP for British Columbia's community, PSBC is offering a limited number of scholarships for medical and allied health professionals wishing to attend the course. Scholarships will be awarded with great discretion. Recipients must provide a completion certificate and all receipts must be submitted no later than May 30, 2018 to receive reimbursement.

For more information please visit the [ATTP Scholarship Information page](#).

If you are a healthcare professional, you may apply for PSBC's ATTP Scholarship [here](#).

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### NEW! CAREGIVER BOOKLET

This year, Parkinson Society British Columbia will be printing and distributing A Comprehensive Guide for Parkinson's Caregivers. The book was written by Kaitlyn Roland, PhD whose father was diagnosed with Parkinson's in 2002. Since then, she has completed a Masters in Health and Rehabilitation Sciences, focusing on new ways to measure caregiver burden. Currently, her work at the Institute on Aging and Lifelong Health looks at cognitive changes in Parkinson's disease, associated care needs and caregiver experiences.

This book contains information about:

- Parkinson's disease
- Living well day-to-day
- Developing a care plan, including planning for the future
- Building a care support team and communicating with healthcare professionals
- Support options
- Self-care

PSBC will be announcing the publication of this guide via email, web and social media. If you have questions about caring or any of PSBC's resources, please contact Jaclyn Willems at [jwillems@parkinson.bc.ca](mailto:jwillems@parkinson.bc.ca).

## SPEAKER'S BUREAU

In-service presentations are public opportunities for individuals to learn more about Parkinson's disease. Presentations are facilitated by PSBC staff or Speaker's Bureau volunteers who provide information on Parkinson's symptoms and treatments. They are held across the province in care facilities, libraries, community centres, etc. The next speaker's bureau event takes place on:

- January 31, 2018, Myriame Lépine Lyons and Holy Family healthcare professionals will be presenting at the Holy Family Hospital ([7801 Argyle Street, Vancouver](#)) from 1:00pm – 3:30pm.

Parkinson Society British Columbia (PSBC) is looking for individuals who are passionate, educated and experienced with Parkinson's disease and would be interested in sharing their knowledge with the public. Speaker's Bureau volunteers help to:

- Offer presentations about PSBC and Parkinson's disease
- Raise awareness and spread education about Parkinson's disease
- Increase PSBC's outreach to communities
- Increase public understanding of the Society and what our purpose, goals and services provide
- Provide outreach in the community to seniors' group, extended care homes, service clubs, etc.

If you think you have the skills, motivation and time to volunteer and make a positive difference in the BC Parkinson's community, we would be happy to hear from you! Contact Myriame at [mlepinelyons@parkinson.bc.ca](mailto:mlepinelyons@parkinson.bc.ca) or 1-800-668-3330 to become a Speaker's Bureau volunteer today!

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## CONTINUING EDUCATION SCHOLARSHIP PROGRAM FOR EXERCISE INSTRUCTORS & HEALTHCARE PROFESSIONALS

Parkinson Society British Columbia (PSBC) aims to provide opportunities for individuals who wish to pursue a career involving Parkinson's disease (PD) specific training through our Continuing Education Scholarship Program for Exercise Instructors & Healthcare Professionals. This scholarship was established to assist people who have a passion to gain PD specific training and bring these benefits to the BC PD community. Scholarships are open to any professional interested in working with this population. The panel will choose applicants who demonstrate a strong commitment to supporting those with PD through long-term community engagement and programming.

Six scholarships, valued up to \$1000, will be awarded in 2018. Three applicants will be chosen for each deadline. Deadlines for the scholarship program are:

- March 31, 2018
- September 30, 2018

For more information, please visit [www.parkinson.bc.ca/continuing-education-scholarships](http://www.parkinson.bc.ca/continuing-education-scholarships) or contact Caroline at [cwiggins@parkinson.bc.ca](mailto:cwiggins@parkinson.bc.ca) or 1-800-668-3330.

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## NEW! KAMLOOPS CAREGIVER SUPPORT GROUP

Parkinson Society British Columbia (PSBC) and MS Society of Canada – BC & Yukon division are partnering to offer a special Kamloops Carepartner Support Group. This monthly volunteer-led support group is intended for individuals caring for a loved one with Parkinson's disease or Multiple Sclerosis. If you or someone you know may be interested in joining this group, please contact PSBC at [info@parkinson.bc.ca](mailto:info@parkinson.bc.ca).

**Note:** Any listing above should not be considered an endorsement of the third-party event(s). As such, the Society cannot be held responsible or liable for any loss or damage suffered as a result of participation.

Do you have any tips or tricks that you would like to share with the PD community? These can be tips from something that works well, to eating and dressing, to getting out of bed or travelling! All tips and tricks are welcome! Please share your ideas with Myriame at [mlepinelyons@parkinson.bc.ca](mailto:mlepinelyons@parkinson.bc.ca) or 1-800-668-3330.

## DISCUSSION QUESTIONS

1. What activities or hobbies do you take part in that are enjoyable and help relieve Parkinson's related symptoms?
2. How might therapeutic recreation benefit someone with Parkinson's? What about carepartners?

Every February since 1996, the [Canadian Therapeutic Recreation Association](#) has aimed to promote awareness of the advantages of therapeutic recreation. Since then, several other associations have followed suit. Over the month of February, Parkinson Society BC will also help raise awareness of therapeutic recreation and its benefits.

## WHAT IS THERAPEUTIC RECREATION?

Therapeutic recreation, also known as recreational therapy, is when a professional leads someone through recreation and other activity-based interventions that benefit psychological and physical health, recovery and well-being. Research supports the concept that people with active, satisfying lifestyles will be happier and healthier (ATRA, 2018). In other words, therapeutic recreation includes, but is not limited to, any type of structured activities specifically designed to benefit people with conditions that impact their overall health. By definition, this recreation is led or informed by a professional.

For someone with Parkinson's disease (PD), therapeutic recreation may be as simple as taking dance classes, joining a painting group or playing badminton with friends. These activities aim to improve an individual's functioning and keep them as active, healthy and independent as possible in their chosen life pursuits (ATRA, 2018).



## WHAT ARE THE BENEFITS OF THERAPEUTIC RECREATION'S FOR PEOPLE WITH PARKINSON'S?

Therapeutic recreation can help individuals with chronic diseases, like Parkinson's, restore motor skills and brain functioning through crafts, music, drama, dance and outdoor sports. Angie Kunnath from Home Care Assistance in Waterloo, Ontario identified four different ways that therapeutic recreation can help you or your loved one:

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### 1. Enhances physical health

Therapeutic recreation can help you overcome physical challenges due to Parkinson's disease. You can participate in activities that can help you remain physically fit, and the activities can be customized according to your needs and abilities at a particular time. Some examples include swimming, walking and seated exercises. These activities can increase:

- Balance
- Mobility
- Agility
- Joint flexibility

### 2. Increases socialization

Isolation can lead to depression and loneliness, which makes individuals susceptible to heart disease, stroke, obesity and other health conditions. Therapeutic recreation can involve group activities that support belonging to a community and help build relationships with other people. By developing social skills through leisure activities, you can keep isolation and depression at bay.

### 3. Boosts cognitive function

Recreational therapists might work with people to restore cognitive functioning, which keeps the mind fit and active. By finding the right set of activities for you, a recreational therapist can help slow down cognitive decline. These activities help increase alertness, enhance problem-solving skills and keep the brain stimulated. Some therapeutic recreational activities that might enhance cognitive function include:

- Trivia games
- Painting
- Playing a musical instrument

### 4. Eliminates stress

Therapeutic recreation can elevate your mood and emotional health by eliminating stress. By engaging in meaningful activities, you can develop a real sense of purpose in life. It can give you a positive way to manage your current health conditions, relationship/social concerns and other stressors. Whenever you become overwhelmed, you can use recreational therapy to boost your mood and maintain a stronger sense of self.

## THERAPEUTIC RECREATION PROGRAMS NEAR YOU

To find a therapeutic recreation professional near you, try searching the National Council for Therapeutic Recreation Certification directory online at: <http://bit.ly/NCTRCdirectory>

If you are a person with Parkinson's who would like to re-engage in physical or recreational activities, PSBC recommends you consider the following resources:

- Exercises for People with PD [[helpsheet](#)]
- Your Healthcare Team and How to Access it [[helpsheet](#)]
- Stay on your Feet [[booklet](#)]

## Sources

American Therapeutic Recreation Association [ATRA]. (2018). *What is RT/TR?* Retrieved from: <https://www.atra-online.com/what/FAQ>

Canadian Therapeutic Recreation Association [CTRA]. (2018). *Therapeutic Recreation*. Retrieved from <https://canadian-tr.org/about/>

Kunnath, Angie. (2017). *4 Benefits of Recreation Therapy for Seniors*. Retrieved from <https://www.homecareassistancewaterloo.ca/benefits-of-therapeutic-recreation-for-the-elderly/>

University of Waterloo. (2018). *Therapeutic Recreation Awareness Month*. Retrieved from <https://uwaterloo.ca/recreation-and-leisure-studies/events/therapeutic-recreation-awareness-month>

In Spring 2015, Parkinson Society BC (PSBC) launched Step by Step, a 12-week walking program aimed at encouraging those with Parkinson's disease to increase their average daily steps. Through their participation, physical fitness and stamina are improved, assisting in combatting the symptoms of Parkinson's disease (PD). Participants meet weekly for a group walk, and are urged to continue with a regular exercise regime following the completion of the program.



Carsten Nachtigahl (pictured above) was diagnosed with Parkinson's 13 years ago, and first started to increase his physical activity thanks to the Parkinson Wellness Project (previously ParkinGo) – an organization that offers community exercise programs on Vancouver Island. At about the same time, he began to participate in the Step by Step program. As part of the Saanich Peninsula walking group, he has demonstrated grit and immense improvement.

Step by Step group leader and carepartner for a person with Parkinson's, Brian Wood, recalls that at the beginning of the program, Carsten would sometimes struggle to complete the weekly walk on a paved trail. "He eventually brought some walking poles and we started walking on trails in forested areas where there are changes in elevation. Although he was tired at the end of each walk, he managed them on his own and with no assistance from me," Brian writes.

Carsten has known his fellow walkers over two years now – they have become his friends and sources of encouragement. He explains, "we always have coffee after our regular walk at the nearest coffee shop. Sometimes, we have chips and gravy. It is a small but important reward." The rewards and group dynamics help motivate Carsten to continue to walk. He notes that while exercise does not completely alleviate his symptoms, it does help him build strength and allow him to manage his daily activities. "I encourage anyone with PD to exercise as it is a reason to get out of the house and live a normal life, without letting Parkinson's interfere with that."

Would you like to participate in Step by Step or start a walking program in your community this year? For more information about Parkinson Society British Columbia's exercise programs, please refer to our website or contact Caroline Wiggins, Education & Support Services Coordinator, at [cwiggins@parkinson.bc.ca](mailto:cwiggins@parkinson.bc.ca) or 1-800-668-3330.

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## HOW TO MAKE TIME FOR RECREATION

Not only can therapeutic recreation benefit your loved one, it can also benefit you, the carer! Given everything you do, making time for leisure and recreation therapy might seem like an unnecessary burden to your schedule – but it's worth the investment.

1. Setting aside a specific time for recreation might be the only way to ensure that you get the fun time you need; but be careful, some research has shown that scheduling “takes all the fun out of fun”. You're less likely to view recreation as a chore if you have roughly scheduled leisure time, instead of a firm appointment. For example, tell yourself you'll spend part of Saturday afternoon doing what you enjoy, rather than blocking off the time from 2:00pm – 3:00pm. This should help prevent you from seeing recreation as a burden, and allows for some of the unexpected curve balls life might throw at you.
2. Decide what you want to do for recreation. Often, adults may feel they have “grown out” of old hobbies. Now might be a good time to revisit some of your old passions, or set out some bucket list ideas. It is better to try activities out and assess whether you enjoy them than committing to something you don't like long-term.
3. While alone time is important, recreation can be an opportunity to socialize! Whether you bring the person you're caring for, a spouse, friends, child or grandchild along, making an effort to combine socializing – which you're probably already doing – with recreation can kill two birds with one stone.



### Sources

Marelisa. (n.d.). *10 Ways to Have More Fun and Play More as Adults*. Retrieved from <https://daringtolivefully.com/more-fun-and-play-for-adults>

Voice America. (2011, May 10). *Recreation Therapy and Family Caregivers* [Audio podcast]. Retrieved from <https://www.voiceamerica.com/episode/53676/recreation-therapy-and-family-caregivers>