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If you wish to personally receive GroupLink please connect with Caroline at cwiggins@parkinson.bc.ca or 1-800-668-3330 and you will be added to the GroupLink e-mail distribution list.

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 or 1-800-668-3330 for more details.

STEP BY STEP

Spring is here and it's time to re-energize your exercise program! Walking is an easy way to start or add in some movement to your day. Step by Step is a 12-week walking program aimed at incrementally improving the number of average daily steps taken by an individual.

Communities participating in Step by Step 2018:

- Brentwood Bay
- Chilliwack
- Comox Valley
- Cowichan Valley
- Kamloops
- Langley
- Maple Ridge/Pitt Meadows
- New Westminster
- Penticton
- Prince George

There is still time to participate in Step by Step or become a community leader! 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 or 1-800-668-3330 to learn more.



PSBC ANNUAL GENERAL MEETING

Parkinson Society British Columbia invites you to join us for our Annual General Meeting (AGM) on Saturday, May 5th, featuring guest speaker Dr. Martin J. McKeown. Dr. McKeown will discuss new understandings and research in relation to Parkinson's disease. Additionally, he will provide updates from the Pacific Parkinson's Research Centre (PPRC). Light refreshments will be served.

Date: Saturday, May 5, 2018
 Time: 9:45am – 12:00pm (Registration opens at 9:00am)
 Location: Lower Auditorium at Broadway Church
 2700 East Broadway, Vancouver ([map](#))
 Cost: **FREE for PSBC members only**
 Non-members interested in attending must pay the \$25.00 membership fee
 Registration: www.parkinson.bc.ca/agm

ASK THE EXPERT WEBINAR: WILLS AND ESTATE PLANNING

Statistical reports show that 48% of Canadians don't have a will or estate plan. For those aged 35 – 54, that figure jumps to 55%. Becoming well-informed about wills and estate planning is necessary to secure the financial future of your loved ones.

In this webinar, estate planning lawyer Mary-Jane Wilson explains:

- why preparing a will is important
- powers of attorney
- representation agreements

Mary-Jane Wilson is a partner at the law firm Wilson Rasmussen LLP. She regularly provides advice to individuals, families and organizations in the areas of: real estate and financing, estate planning, wills and trusts, powers of attorney, estate administration and probate and representation agreements. She is also the author of the British Columbia Probate Kit.

Date: Thursday, May 8, 2018
Time: 10:00am – 11:00am
Location: Via webinar. Instructions on how to access the presentation will be sent out 24 hours before the event's start time.
Cost: Free
Registration: www.parkinson.bc.ca/wills-estate-webinar

ONLINE WORKSHOP: DEBRIEFING THE CAREGIVER ROLE

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

We invite you to join us for a webinar led by Elaine Book, Social Worker at the Pacific Parkinson's Research Centre, and Myriame Lépine Lyons, Clinical Counsellor at Parkinson Society British Columbia.

Date: Thursday, May 17, 2018
Time: 10:00am – 12:00pm
Location: via webinar. Instructions on how to access the presentation will be sent out 24 hours before the event's start time.
Cost: Free
Registration: www.parkinson.bc.ca/debriefing-the-caregiving-role

ASK THE EXPERT WEBINAR: KEEPING IT TOGETHER - HOW TO COPE AS A FAMILY CAREGIVER WITHOUT LOSING YOUR SANITY

On May 29th, [Eleanor Silverberg](#), social worker, author, speaker and grief specialist, will be contributing to Parkinson Society British Columbia's (PSBC) Ask the Expert Webinar Series. Eleanor draws upon a strong academic background in grief and assisting family caregivers, as well as personal experience as a family caregiver.

Date: Tuesday, May 29, 2018
Time: 10:00am – 11:30am
Location: Via webinar. Instructions on how to access the presentation will be sent out 24 hours before the event's start time.
Cost: Free
Registration: Coming soon!

REGIONAL CONFERENCE, KELOWNA

Parkinson's disease is a unique and complex condition. Our regional conferences are immersive and interactive opportunities for people affected by the disease to learn from leading experts while connecting with the local Parkinson's community.

Topics covered at this conference will include:

- Parkinson's Disease - the big picture globally and locally: Dr. Daryl Wile, Movement Disorder Specialist
- Fire & Life Safety: Rick Euper, Fire & Life Safety Educator/Fire Inspector
- Stabilizing Dizziness and Finding Stability - Falls Management: Pauline Martin, Masters of Science, Physiotherapist, NeuroMotion Physiotherapy

Please note that conference does not include a meal, however light refreshments will be provided.

Date: Saturday, June 16, 2018
 Time: 1:00pm - 4:30pm (registration opens at 12:30pm)
 Location: Kelowna Ramada Hotel & Conference Centre
 2170 Harvey Avenue, Kelowna ([map](#))
 Cost: PSBC Member \$15.00 | PSBC Members (couple/pair) \$25.00
 Non-member \$25.00 | Non-members (couple/pair) \$45.00
 Registration: www.parkinson.bc.ca/kelowna-conference

This regional conference has been made possible through the generous support of AbbVie.



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

Champions FOR PARKINSON'S

- Spring Online Auction: Until May 2nd ([read more](#))
- Shaken, Not Stirred: April 28 ([read more](#))
- Me-N-Ed's Charity Golf Classic: May 22 ([read more](#))
- Shake, Shake, Shake: May 25 ([read more](#))
- Full Throttle: May 27 ([read more](#))
- Elk Valley Parkinson's Support Group Golf Tournament: June 2 ([read more](#))
- 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 will go to PSBC, ongoing. Special: Use promo code PSBC at checkout for 10% off your purchase.

WE'RE LOOKING FOR MORE CHAMPIONS THIS YEAR!

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 or 1-800-668-3330.

SAVE THE DATE: WORLD PARKINSON CONGRESS 2019, KYOTO

The 5th [World Parkinson Congress](#) (WPC) will be held in Kyoto, Japan from June 4th – 7th, 2019. Are you interested in attending? Most travel agencies can begin booking a year prior to the travel date. If you have a connection with a local travel agency that you have used for past trips, you may want to inquire with them, however a few additional suggestions on travel agencies are below:

- [Intrepid Travel](#)
- [Marlin Travel](#)

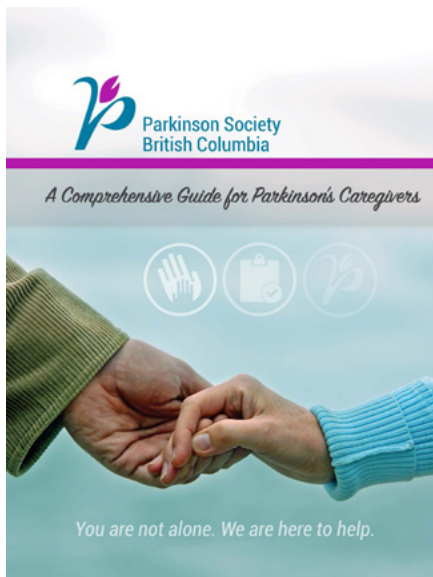
Here are some examples of questions to address with yourself, your travel companions and an agency when exploring travel options:

- What is your budget for the trip?
- What is your preferred length of the trip?
- Do you have mobility concerns that need accommodation?
- Do you have adequate travel insurance?
- Are there specific excursions or activities you would like to do?

For questions about WPC and making travel arrangements, contact Jaclyn at jwillems@parkinson.bc.ca or 1-800-668-3330.

A COMPREHENSIVE GUIDE FOR PARKINSON'S CAREGIVERS IS NOW AVAILABLE

Parkinson Society British Columbia (PSBC) is pleased to announce the official release of a new resource: *A Comprehensive Guide for Parkinson's Caregivers*. The primary contributor of this guide is Kaitlyn Roland, PhD, whose grandfather was diagnosed with Parkinson's. She holds a Masters in Health and Rehabilitation Sciences that focused on new ways to measure caregiver burden. Currently, her work at the Institute on Aging and Lifelong Health explores cognitive changes in Parkinson's disease, associated care needs and caregiver experiences.



The book includes 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

Access the digital version of the guide [here](#).

This booklet has been made possible thanks to the support of our Title Sponsor, The Tenaquip Foundation, and grants from UCB and The Hamber Foundation.

Print versions of the guide are available upon request. To order your copy, please contact Jaclyn at jwillems@parkinson.bc.ca or 1-800-668-3330.

CONTINUING EDUCATION SCHOLARSHIP PROGRAM FOR EXERCISE INSTRUCTORS & HEALTHCARE PROFESSIONALS

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. Scholarships are open to anyone in the aforementioned professions who is interested in working with people with Parkinson's disease. A PSBC staff panel will choose applicants who demonstrate a strong commitment to supporting those with PD through long-term community engagement and programming.

Three scholarships, valued up to \$1000, will be awarded in late 2018. The application deadline is September 30, 2018. For more information, please visit www.parkinson.bc.ca/continuing-education-scholarships or contact Caroline at cwiggins@parkinson.bc.ca or 1-800-668-3330.

IN-SERVICE PRESENTATIONS, ABBOTSFORD AND VANCOUVER

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 and other spaces.

- On Monday, May 7th, Myriame Lépine Lyons will be leading a presentation on emotional health at the Abbotsford Support Group ([3106 Clearbrook Road](#), Abbotsford) from 2:00pm – 3:30pm.
- On Wednesday, May 30th, Myriame Lépine Lyons will be holding another presentation for newly diagnosed people with Parkinson's at Holy Family Hospital ([7801 Argyle Street](#), Vancouver) in the Multipurpose Room from 1:30pm – 3:30pm.

NEW! PARKINSON WELLNESS CENTRE IN NEW WESTMINSTER

On March 19th, 2018, Heidi Clarkson and Robyn Murrell of Rock Steady Boxing New Westminister opened a Parkinson Wellness Centre. Multiple programs, such as exercise, wellness workshops and other activities, are available in one location for people with Parkinson's and carepartners. For more information please contact Heidi Clarkson at clarksonheidi@gmail.com or 604-525-2631.

Coming up at Parkinson Wellness Centre (Unit 103 - [450 East Columbia Street](#), New Westminister):

- Let's Talk Out Loud! Group speech therapy with PSBC board member, Registered Speech Language Pathologist and LSVT™ Certified Clinician Sherri Zelazny. This program will take place from 9:00am - 10:00am on Thursdays from May 10th to June 28th.

RISE: PARKINSON'S EXERCISE AND WELLNESS RETREAT

Neurofit BC (a lower mainland Parkinson's-specific physiotherapy practice) and Symphony Rehabilitation (a Nanaimo based multidisciplinary rehabilitation clinic) are presenting RISE, a Parkinson's Exercise and Wellness Retreat for people with Parkinson's disease or Parkinsonisms and their carepartners at Trinity Western University in Langley. Pricing is as follows:

- Commuter Registration \$784*
- Single Occupancy Registration \$997
- Double Occupancy Registration \$784

*There are a limited number of commuter passes available.

To learn more, visit www.risepdretreat.com.

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.

TIP JAR

“Self-management relates to the tasks that an individual must undertake to live well with one or more chronic conditions. These tasks include gaining confidence to deal with medical management, role management, and emotional management.” (Adams et. al., 2004)

People with chronic health conditions, like Parkinson’s, and family members can all participate in self-management programs offered in communities throughout BC at no cost. Self-Management BC programs are evidence-based which provide information, teach practical skills and give you the confidence to manage your Parkinson’s.

To learn more about self-management, you can:

- Watch a video featuring Dr. Aaron Leppin of the Mayo Clinic, titled “From Sickcare to Wellcare”: <https://youtu.be/vuEjYBXp4tA>
- Visit the Self-Management BC site at: www.selfmanagementbc.ca



Source

Adams, K., Greinder, A.C. & Corrigan, J.M. (Eds). (2004). *Report of a summit: The 1st annual crossing the quality chasm summit – A focus on communities*. Washington, DC: National Academies Press.

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 Jaclyn at jwillems@parkinson.bc.ca or 1-800-668-3330.

DISCUSSION QUESTIONS:

1. What kind of healthcare professionals do you visit most often? (This can include physiotherapists, dietitians, massage therapists, etc.)
2. Is there a healthcare service that you were initially hesitant to try, but have since found value in? (Common examples: counselling, massage, acupuncture, etc.)

WHO ARE ALLIED HEALTHCARE PROFESSIONALS?

Allied healthcare professionals (AHCP) are defined as trained health professionals outside of the fields of medicine and nursing (ASAHP, 2018). AHCP are involved with the delivery of health or related services pertaining to the identification, evaluation and prevention of diseases and disorders. AHCP include social workers, counsellors, occupational therapists, physiotherapists, dental hygienists, dietitians, respiratory therapists, speech language pathologists and many others from various professions. Some organizations, such as Parkinson Society British Columbia (PSBC), fall in the allied healthcare category because they offer many health related education and support services to individuals, their families and the larger community.

AHCP take on a wide breadth of roles and responsibilities, some of which include:

- Identification, evaluation and prevention of diseases and disorders
- Provision of dietary and nutrition services
- Rehabilitation services
- Education of individuals, families and communities
- Management and operation of health systems

AHCP are often the front line staff that individuals and their family members interact with when seeking healthcare and support. For instance, after being diagnosed with Parkinson's, you and your loved one may have sought out exercise programs to build and maintain physical-emotional strength. Or, you may have reached out to a physiotherapist or speech language pathologist.

PSBC values exercise instructors and AHCP who are trained in a Parkinson's approach or who have taken specific Parkinson's training. This is why the Society provided various opportunities throughout the year for professionals to become more knowledgeable of Parkinson's symptoms and treatments. Recently, from April 4th – 6th 2018, PSBC offered 38 scholarships for AHCP across the province to attend the Allied Team Training for Parkinson's™ (ATTP). Designed by the Parkinson's Foundation and the International Parkinson and Movement Disorder Society (MDS), the ATTP was a three day on-site course developed for healthcare professionals to increase their knowledge of Parkinson's disease and build capacity for comprehensive inter-professional care. This was the first time ATTP was offered in Canada. PSBC is proud to have attended and provided financial support for select BC AHCP to attend this event. Increased support for allied healthcare professionals is one aspect of the Society's [Five Point Plan](#) for Enhanced Support for Parkinson's disease in BC.

PSBC has a directory of AHCP across the province of BC. To find an AHCP near you, call 1-800-668-3330 or email info@parkinson.bc.ca.

Family and friends can help people with Parkinson's make the most of their healthcare teams. Many primary carepartners complement their caring duties with the roles of AHCP. To learn more about how to access a healthcare team, download or request a copy of PSBC's [helpsheet](#) on the topic.

Additional Resources

- Exercise & Active Living programs ([webpage](#))
- Talking to Your Healthcare Professionals ([helpsheet](#))
- Aware in Care Kits ([webpage](#))

Source

Association of Schools of Allied Healthcare Professions (ASAHP). (2018). *What is Allied Health?* <http://www.asahp.org/>