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If you wish to personally receive GroupLink please connect with Caroline at [cwiggins@parkinson.bc.ca](mailto: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](mailto:cwiggins@parkinson.bc.ca) or 1-800-668-3330 for more details.

### COMMUNITY TALK, PARKSVILLE

On October 12, join Parkinson Society British Columbia (PSBC) for an afternoon of education at the Parksville Community Centre. Research Assistant Emma Kiss and Research Coordinator Christy Jones will provide an overview of past and ongoing research studies taking place at Pacific Parkinson's Research Centre (PPRC).

Date: Friday, October 12  
 Time: 1:00pm – 2:30pm (registration opens at 12:30pm)  
 Location: Parksville Community Centre  
 132 E Jensen Ave, Parksville ([map](#))  
 Cost: \$5.00 per person  
 Registration: <https://www.parkinson.bc.ca/parksville-community-talk>

### TIME OUT FOR CAREPARTNERS WORKSHOP, KELOWNA

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. 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, while their carepartner participates in discussions with other carepartners. We ask that those PwP coming to the October 20 event respect this room divide, and not attend sessions unintended for them. This room will be managed by volunteers. The volunteers will not be medical professionals.*

Date: Saturday, October 20  
 Time: 10:00am – 2:30pm (registration opens at 9:30am)  
 Location: Ramada Kelowna Hotel & Conference Center  
 2170 Harvey Avenue, Kelowna ([map](#))  
 Cost: PSBC Member \$30.00 | PSBC Members (Pair) \$45.00

### ASK THE EXPERT WEBINAR: HOW COGNITIVE HEALTH INFLUENCES FALL RISKS

Barbara Adams, Physiotherapist and Clinical Director for PhysioCare At Home, graduated from Dalhousie School of Physiotherapy in 1984 and gained experience working in cardiac rehabilitation, intensive care, neurology and geriatrics. After 18 years with the Capital District Health Authority in Nova Scotia, Barbara transitioned into the private practice world. Barbara works actively in falls prevention for the elderly. In March she participated in a [CBC radio interview](#) on preventing falls for seniors, and now on October 23, the Society will have her speak on this very topic.

Date: Tuesday, October 23  
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.*  
Capacity: 200  
Cost: Free  
Registration: <https://www.parkinson.bc.ca/cognitive-health-webinar>

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### COMMUNICATION AND SWALLOW WORKSHOP, LANGLEY

This interactive and participatory workshop, led by Registered Speech Language Pathologist Sherri Zelazny, will focus on the communication and swallowing challenges faced by people with Parkinson's (PwP). It is open to those already experiencing communication and swallowing challenges, as well as those who wish to be proactive in their treatment.

Date: Saturday, November 3  
Time: 10:00am – 2:30pm (registration opens at 9:30am)  
Location: Holiday Inn Express & Suites Langley  
8750 204th Street, Langley ([map](#))  
Cost: PSBC Member \$25.00 | PSBC Members (couple/pair) \$40.00  
Non-member \$35.00 | Non-members (couple/pair) \$60.00  
Registration: <https://www.parkinson.bc.ca/langley-communication-workshop>

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### DEBRIEFING THE CAREGIVER ROLE WEBINAR

*For those who have lost a loved one with Parkinson's*

When a loved one is lost, it is one of life's most difficult experiences. You may find yourself struggling with many intense and frightening emotions leaving you feeling isolated or alone. Having someone to lean on in this time is important in helping you through the grieving process. Parkinson Society British Columbia (PSBC) is committed to honouring our slogan, "You are not alone. We are here to help.", and that's why, in collaboration with the Pacific Parkinson's Research Centre, we are offering an online grief workshop to help those who have recently lost a loved one with PD.

Date: Thursday, November 15  
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.*  
Capacity: 20  
Cost: Free  
Registration: <https://www.parkinson.bc.ca/debriefing-the-caregiver-role-webinar>

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### ASK THE EXPERT WEBINAR: HOW TO STAY SAFE AND IN YOUR HOME FOR LONGER

By the age of 85, one in three seniors will live in a care facility. What can we do to keep our elderly family members safe and in their homes longer? For the first time on November 20, Dr. Roger Wong joins the Society for a presentation on staying safe and in your home for longer.

As Executive Associate Dean, Education at UBC, and Clinical Professor in the Division of Geriatric Medicine in the Department of Medicine, Dr. Wong works tirelessly to advance academic and clinical health sciences related to geriatrics. His work has significant impact on the care for older people in Canada and beyond. He was President of the Canadian Geriatrics Society and founded the state-of-the-art Acute Care for Elders Units (ACE) in Vancouver. His clinical research focuses on hospital medicine in vulnerable older adults, including quality improvement in acute care geriatrics.

Date: Tuesday, November 20  
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.*  
Capacity: 200  
Cost: Free  
Registration: <https://www.parkinson.bc.ca/home-safety-webinar>

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## REGIONAL CONFERENCE, VANCOUVER

Parkinson's disease is a unique and complex condition. To assist in expanding your knowledge of the disease, on November 24th, Parkinson Society British Columbia (PSBC) will host an afternoon of learning in Vancouver.

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. The conference does not include a meal, however light refreshments will be provided.

Topics covered at this conference will include:

- **Parkinson's Disease 101:** Nancy Polyhronopoulos, Registered Nurse (RN) at the Deep Brain Stimulation (DBS) Clinic
- **Speech and Swallow:** Jamie Russell, MScA, Registered Speech-Language Pathologist (RSLP), Certified by Speech Language & Audiology Canada (SLP(C))
- **Finding Stability:** Gina Fernandez, Occupational Therapist (OT)

Date: Saturday, November 24  
Time: 1:00pm – 4:15pm (registration opens at 12:30pm)  
Location: Library Square Conference Centre | Alice MacKay Room  
350 West Georgia Street, Vancouver ([map](#))  
Cost: PSBC Member \$15.00 | PSBC Members (Pair) \$25.00  
Non-member \$25.00 | Non-members (Pair) \$45.00  
Registration: <https://www.parkinson.bc.ca/vancouver-conference-2018>

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## ASK THE EXPERT WEBINAR: UNDERSTANDING PALLIATIVE CARE

Palliative care is provided by a team of health professionals who work together with primary care physicians, referred specialists and other hospital or hospice staff to provide additional support. Although most people think of palliative care as an important component of end-of-life care, it is appropriate at all stages of an illness.

For the very first time, [BC Centre for Palliative Care](#) will be joining Parkinson Society British Columbia (PSBC) for a presentation on how palliative care can play a role in symptom management and improving the quality of life.

Date: Tuesday, December 11  
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.*  
Capacity: 200  
Cost: Free  
Registration: <https://www.parkinson.bc.ca/palliative-care-webinar>

# Champions FOR PARKINSON'S

- Fall Harvest Dinner at Ex Nihilo Vineyards: October 6 [\[read more\]](#)
- 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: In this ongoing fundraiser, 35% of proceeds from every sale on [TeaParky.com](http://TeaParky.com) will go to Parkinson Society BC. *Special: Use promo code PSBC at checkout for 10% off your purchase.*

## WE'RE LOOKING FOR MORE CHAMPIONS!

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 Prime at [mprime@parkinson.bc.ca](mailto:mprime@parkinson.bc.ca) or 1-800-668-3330.

## PARKINSON SUPERWALK

This year's Parkinson SuperWalk has been a great success! To view total amounts raised in BC and photos from local walks, visit <http://www.parkinson.bc.ca/superwalk-totals>.

We are still accepting donations until December 31, 2018. To donate, visit <http://www.parkinson.bc.ca/superwalk>.



## NEWS & ANNOUNCEMENTS



### WELCOME BACK, STACEY DAWES!

Stacey Dawes has returned from her maternity leave and is back with PSBC! Stacey has worked for the Society since 2010 and currently serves as our Programs and Services Manager. She can be reached by email at [sdawes@parkinson.bc.ca](mailto:sdawes@parkinson.bc.ca) or by phone at 1-800-668-3330.

## NEW! WEST KELOWNA SUPPORT GROUP

This group is intended for anyone affected by Parkinson's disease. Carepartners, friends and family members are welcome.

Date: 3<sup>rd</sup> Friday of each month  
 Time: 11:00am – 1:00pm  
 Location: Canyon Ridge | Clubhouse Room  
 4035 Gellatly Rd South, West Kelowna ([map](#))

## PARKINSON WELLNESS CENTRE GRAND OPENING

Register to attend the grand opening of the Parkinson Wellness Centre (PWC), featuring guest speakers, prizes and giveaways, tours, food and more! For more information about the PWC, visit <https://fb.com/ParkinsonWellnessCentre>.

Date: Sunday, October 21  
 Time: 11:00am – 2:00pm  
 Location: 103-450 E Columbia St, New Westminster ([map](#))  
 Cost: Free  
 Registration: <https://bit.ly/2OUUa16>

**GIVE BACK: SUPPORT GROUP FACILITATORS NEEDED**

Due to the increasing demand for peer support groups, PSBC is actively recruiting volunteer Support Group Facilitators to assist in strengthening the Parkinson's community in **Richmond** and **Surrey**.

The responsibilities of Support Group Facilitators include:

- Working to create an environment that is safe and respectful, and where participants feel comfortable sharing their experiences, insight and knowledge with others.
- Assisting with the delivery of information, education and resources for people with Parkinson's and their carepartners/families.
- Leading support group meetings once a month, for a couple of hours, from September to June.

Facilitators are supported by Parkinson Society British Columbia through access to information and resources, teleconference calls, bi-annual one-on-one follow-ups, advocacy/awareness campaigns and educational opportunities. Please contact Stacey Dawes at [sdawes@parkinson.bc.ca](mailto:sdawes@parkinson.bc.ca) or 1-800-668-3330 for more details.

**SAVE THE DATE: WORLD PARKINSON CONGRESS 2019, KYOTO**

The 5th World Parkinson Congress (WPC) will be held in Kyoto, Japan from June 4<sup>th</sup> – 7<sup>th</sup>, 2019. Are you interested in attending? To learn more, visit <https://wpc2019.org>.

Registration is open now. Early registrants benefit from a discount until February 27, 2019. Full information on registration categories is available at <http://www.wpc2019.org/page/RegFees>.

	<b>People with Parkinson's &amp; Caregivers (attending alone)</b>	<b>Caregivers (attending with a PwP)</b>
<b>Early Fees:</b>	\$300	\$200
<b>Standard Fees:</b>	\$350	\$250

The World Parkinson Congress has put together a list of accommodation options, including a booking form, on their website at <http://bit.ly/WPC5Accommodation>. Hotels range from \$125 to \$425 CAD per night. We encourage you to book early to avoid disappointment.

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. The following is an example of what a travel agent could provide for your trip to WPC 2019. This particular travel package example was produced by Expedia CruiseShipCenters:

**Sample Itinerary:**

- Depart Vancouver May 29, 2019 > Depart Tokyo June 8, 2019
- Airfare = \$1,339/person including taxes\*

**Land Only Package:**

- 10-14 passengers: \$2,850/person
- 15-19 passengers: \$2,531/person
- Single Supplement: +\$540

This would include:

- First class hotel accommodation as per itinerary based on double occupancy
- All transfers and transportation is by private, air conditioned coach with driver/guide
- Arrival & departure guide assistance
- Sightseeing and admissions as per the itinerary
- Bullet/express trains
- Meals as indicated on the itinerary



For more information on this particular travel package and to see a detailed itinerary, please contact Pat Thompson at [pthompson@cruiseshipcenters.com](mailto:pthompson@cruiseshipcenters.com) or 250-763-2900.

A few additional suggestions on travel agencies are below:

- Intrepid Travel: 1-855-299-1211  
<https://www.intrepidtravel.com/ca>
- Marlin Travel: 604-681-0117 (West Georgia, Vancouver Location)  
<https://www.marlintravel.ca/travel-agencies/1/marlin-travel-45731>

\* Airfare based on May 2018 rates, subject to change

For general questions about WPC and making travel arrangements, contact us at [info@parkinson.bc.ca](mailto:info@parkinson.bc.ca) or 1-800-668-3330.

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### WATCH NOW

#### Active Living Webinar Series

Exercise is a known staple to healthy living – especially for people with Parkinson's disease. Regular exercise helps maintain balance, strength, mobility and overall physical and mental well-being. This August, we hosted an Active Living Webinar Series, where we discovered how different healthcare professionals promote active living for those with Parkinson's. The series is now available to view online:

- **Occupational Therapy - Live Life to the Fullest!**  
Watch video: <https://youtu.be/zE0f87jicx4>  
Download presentation: <http://bit.ly/2N4nBfo>
- **Chiropractic Medicine for Parkinson's**  
Watch video: <https://youtu.be/ZSg3YAu4A8s>  
Download presentation: <http://bit.ly/2OaMkTP>
- **Recreational Therapy - What the Rec?**  
Watch video: <https://youtu.be/AK-HcGglr4I>  
Download presentation: <http://bit.ly/2N2eZGd>
- **Examining Exercise in Parkinson's Disease**  
Watch video: [https://youtu.be/h1C8\\_l8tPjI](https://youtu.be/h1C8_l8tPjI)  
Download presentation: <http://bit.ly/2xQMOV5>

**Note:** Any listings 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.

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### LENDING LIBRARY: A NEW ADDITION!

We have added a new book to our Lending Library, *Perseverance: The Seven Skills You Need to Survive, Thrive, and Accomplish More Than You Ever Imagined* by Tim Hague. Below is an excerpt of the summary:

*After starting a family and flourishing in his career, Tim Hague was struck by misfortune. The irritating tremor in his foot turned out to be early onset Parkinson's disease. He was only forty-six years old. But what seemed to be an end became a new beginning. Just three years later, Hague won the inaugural season of The Amazing Race Canada, with his son Tim Jr., as his teammate. His remarkable life story shows that perseverance is not just a matter of willpower: it is a skill that can be learned and honed."*

If you are interested in borrowing this book or others from our Lending Library, contact Amy Ma at [ama@parkinson.bc.ca](mailto:ama@parkinson.bc.ca) or 1-800-668-3330. To have a look at what we have in our collection, visit <https://www.parkinson.bc.ca/lending-library>.

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### TIP JAR

Ever feel stiff and in need of a good stretch? Follow Dr. Kaitlyn Roland, PhD, lead a group of people living with Parkinson's disease (PD) through a series of gentle yoga moves at one of Parkinson Society BC's past conferences, available online at <https://vimeo.com/116123815>. Dr. Roland's grandfather had PD and she made it her goal to improve the daily lives of people affected by neurological disorders. You can read more about Kaitlyn at <http://www.yogadopa.com>.

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 us at [info@parkinson.bc.ca](mailto:info@parkinson.bc.ca) or 1-800-668-3330.

### DISCUSSION QUESTIONS:

1. What strategies have you found helpful in managing everyday life with Parkinson's disease?
2. How has your ability to cope with your condition changed over time?

### WHAT IS SELF-MANAGEMENT?

Self-management refers to the tasks that an individual must undertake to live well with one or more chronic health conditions. These tasks include gaining confidence to deal with medical management, role management, and emotional management (Adams, Greiner & Corrigan, 2004). Watch this 3 minute video to recap this information: <https://youtu.be/uRQ853sRt0o>.

Participants in self-management programs learn how to:

- Get started with healthy eating and exercise
- Work with a healthcare team
- Manage fear, anger and frustration
- Make daily tasks easier
- Manage their symptoms
- Problem solve
- Take action and get more out of life

### WHY SELF-MANAGEMENT IS IMPORTANT

There are many reasons why self-management has become increasingly important in the lives of those with chronic health conditions, like Parkinson's:

- Chronic disease is the leading cause of death and disability in Canada.
- In Canada, 1 of 2 people has at least one chronic health condition, representing 17 million Canadians. Twenty-five percent of all Canadians have two or more chronic conditions.
- Nationally, chronic disease accounts for 42% of the \$200 billion spent on health care each year in Canada.
- Over 100,000 Canadians have been diagnosed with Parkinson's disease, the second most common neurodegenerative disorder after Alzheimer's. The medical costs for treating Parkinson's are at least \$112 million per year (BC Ministry of Health, 2012/2013 statistics).
- Helping people with chronic diseases like Parkinson's learn to better manage their condition will help reduce the personal and societal burden of chronic diseases in Canada.

### SELF-MANAGEMENT TASKS

Many of you are already engaging in self-management tasks. While you may not have "classified" them like researchers do, you are most likely doing some of the following:

#### **Gaining Confidence**

Part of feeling self-managed is gaining your confidence back. After a diagnosis, your world can feel like it has flipped 180 degrees. Focusing on your illness needs is one way of gaining your confidence back. Learn about Parkinson's (join the Society, read literature, register for workshops, take ownership of your health needs [taking medications and attending medical appointments], and perform health promotion activities [exercising, joining support groups]). You might also consider getting support from a professional counsellor. PSBC's counselling program is a great way to clear your mind from your worries and focus on your strengths. Don't forget, gaining confidence is for the whole family, so get your partner, child(ren), and relatives involved. Learn more at <http://www.parkinson.bc.ca/counselling>.

#### **Emotional Management**

To improve your mood (and gain your confidence back), addressing emotions is an important aspect of self-management. Emotional management includes exploring and expressing various emotions, as well as grieving in response to a loss of health or functioning. While it often takes time to adjust to a diagnosis, most people with Parkinson's and their carepartner face ongoing emotional changes as the disease changes. Meaning-making can help individuals to determine the meaning of the illness in one's life and shift out of hopelessness. Emotional management is often accomplished with resources, such as counselling and support group work.

## Role Management

As time goes by and the journey of Parkinson's continues, you may find yourself, or your carepartner, taking on new roles. For instance, you may resort to sorting the recyclables indoors, while your partner brings them out to the curb, or, as a carepartner, you find yourself now managing the household finances. With each role comes a need to activate different resources, such as other family members, friends, transportation services and spiritual resources. Role management is about identifying what needs you currently have and the people or services that can help you attend to these needs.

## SELF-MANAGEMENT RESOURCES

### 1. Sign up for a Self-Management Workshop or Program.

For many people, coping with a chronic health condition like Parkinson's can be extremely trying. Fatigue, pain, sleeping problems, depression and anxiety about the future are common. Some people with Parkinson's have started using self-management programs to help themselves through these challenges, such as the Chronic Conditions Self-Management Program. You can learn more about the program here: <http://www.selfmanagementbc.ca/>.

*“Doing this course increased my hopefulness for long term positive change towards my health and I'm more patient with myself in regards to getting results. I see how small cumulative improvements are much better than judging missed expectations. Now I find myself more realistic about my expectations regarding my health, and more inclined to investigate ways to improve my condition.”*

- Chronic Conditions Self-Management Program Participant

### 2. Order an Aware in Care kit.

The Aware in Care kit is designed to protect, prepare and empower people with Parkinson's and their carepartners before, during and after a hospital visit. Each kit includes tools and information to help plan for the next hospital stay – whether it is a planned visit or an emergency. See more here: <https://www.parkinson.bc.ca/awareincare>.

For more information on self-management, please visit: <http://www.selfmanagementbc.ca>.

NOTE: If you are a facilitator, bring the workshop to your meeting! Ask one of the program coordinators to run a self-management workshop for your support group by emailing them at [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca).

## Additional Resources:

- Talking to Your Healthcare Professionals: <http://bit.ly/2NqGFGj>
- Your Healthcare Team and How to Access it: <http://bit.ly/2Q97UWm>
- Preparing for a Medical Appointment: <http://bit.ly/2NoQkwZ>
- Comprehensive Care Plan Checklist (for tracking symptoms): <http://bit.ly/CareplanChecklist>
- Aware in Care Kit Contents: <http://bit.ly/2R6cia0>

## Sources

Adams, K., Greiner, 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.

Schulman-Green, D., Jaser, S., Martin, F., Alonzo., Grey, M., McCorkle, R., Whittemore, R. (2012). *Processes of Self-Management in Chronic Illness*. *Journal of Nursing Scholarship*. Sigma Theta Tau, 44(2), 136-144. <http://doi.org/10.1111/j.1547-5069.2012.01444.x>

Self-Management BC. (2018). *What is Self-Management?* Retrieved from <http://www.selfmanagementbc.ca/SelfManagement>