

UPCOMING EVENTS

Parkinson Society British Columbia 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 us at info@parkinson.bc.ca or 1-800-668-3330 for more details.

PARKINSON'S CAREPARTNER WEBINAR SERIES

Parkinson Society BC recognizes that Parkinson's affects not only the person with the diagnosis, but family and friends as well. This webinar series aims to support carepartners through information and tools to help cope with the stresses of caregiving.

We welcome all individuals in a caring role to this webinar series, and we encourage participants to bring their questions to each session as there will be time set aside for Q&A and discussion.

Please note that separate registration is required for each session.

Important: If you will be watching a presentation with a partner or group, only one registration is required. Instructions on how to access the presentation will be sent with your registration confirmation email, and a reminder sent approximately 24 hours before the event's start time.

Date: Wednesdays, March 4, 11, & 25
Time: 10:00am – 11:00am
Cost: Free
Registration: www.parkinson.bc.ca/carepartner-series

Personal Support and Healthcare Resources for Carepartners Wednesday, March 4

Isobel Mackenzie has over 20 years' experience working with seniors in home care, licensed care, community services, and volunteer services.

In this session, she joins Parkinson Society BC (PSBC) to provide an overview of the services offered by the Office of the Seniors Advocate. She will also discuss personal support and healthcare resources available to seniors in British Columbia, and information on how to access them.

Mindfulness for Carepartners Wednesday, March 11

"You can't stop the waves, but you can learn to surf." - Jon Kabat-Zinn

Join PSBC's own Tricia Wallace, clinical counsellor, to discuss the benefits of mindfulness for carepartners and caregivers. This webinar focuses on mindfulness as a coping tool for life, to navigate the many stressors brought on by the caring role, including isolation, lack of leisure time, and the progression of your loved one's disease. Tricia will introduce mindful practices and resources, as well as guide a short group meditation.

Ambiguous Loss and Anticipatory Grief Wednesday, March 25

Ambiguous loss is a type of loss that is unclear or without closure, and anticipatory grief is the feeling that one may experience when expecting a loss or change. As Parkinson's progresses, many carepartners and caregivers find themselves experiencing these kinds of loss and grief, and feeling isolated as a result.

Trevor Josephson, Clinical Manager at Peace Arch Hospice Society, joins PSBC for the first time to discuss ambiguous loss, anticipatory grief, and methods for coping.

COMMUNICATION & SWALLOW WORKSHOP | ABBOTSFORD

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. 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, March 14
Time: 10:00am – 2:30pm (check-in begins at 9:30am)
Location: Quality Hotel & Conference Centre | Pinnacle 1
36035 Parallel Rd, Abbotsford [\[map\]](#)
Cost: Members: \$25 | Pair \$40
Non-members: \$35 | Pair \$60
Registration: www.parkinson.bc.ca/abbotsford-cs

ANNUAL GENERAL MEETING | VANCOUVER

We invite you to join us for our Annual General Meeting (AGM) on Saturday, April 4, featuring guest speaker Dr. Anish Kanungo, BSc (Hon), PhD, MD, FRCPC. Dr. Kanungo is a neurologist at the Fraser Health Movement Disorders Clinic, and a Clinical Assistant Professor in the Department of Medicine at the University of British Columbia. He actively participates in the training of medical students and residents, and maintains an interest in research aimed at improving the lives of people with movement disorders.

Dr. Kanungo's presentation will discuss the non-motor symptoms of Parkinson's disease, and how allied healthcare professionals, such as physiotherapists, occupational therapists, and speech-language pathologists, can help support people with Parkinson's manage these symptoms. He will also discuss his research on the impacts of a multi-disciplinary approach to treating Parkinson's.

Light refreshments will be served

Date: Saturday, April 4
Time: 9:45am – 12:00pm (check-in begins at 9:00am)
Location: Library Square Conference Centre | Alice MacKay Room
350 W Georgia St, Vancouver [\[map\]](#)
Cost: **Free for members.** This is a member only event.
Non-members interested in attending must sign up and pay the \$25 annual membership fee.
Registration: www.parkinson.bc.ca/agm

CANADIAN OPEN PARKINSON NETWORK (C-OPN) LAUNCH | VANCOUVER

Following our Annual General Meeting and presentation by Dr. Kanungo, we welcome you to attend the Canadian Open Parkinson Network (C-OPN) Launch.

C-OPN will bring together Canada's best in Parkinson's research and will give them a platform to share information and make new connections. The network will give investigators access to unprecedented data and will support large-scale, multidisciplinary projects that would not be possible at a single research site.

In partnership with Parkinson Canada, we invite you to hear from Dr. Martin McKeown, University of BC and Co-principal Investigator of C-OPN, about the important work performed and shared by researchers through the network, building on the successes of similar networks.

Learn how C-OPN is building capacity, increasing awareness, and accelerating the path to better treatments and a cure for Parkinson's disease. You will also have the opportunity to hear from a person with Parkinson's about their first-hand experience as a participant in the C-OPN Patient Registry and why they enrolled.

Date: Saturday, April 4
Time: 2:00pm – 4:00pm
Location: Library Square Conference Centre | Alice MacKay Room
350 W Georgia St, Vancouver [\[map\]](#)
Cost: **Free for members.** Non-members interested in attending must sign up and pay \$25 annual membership fee.
Registration: www.parkinson.bc.ca/copnlaunch

COMMUNITY TALK: MENTAL HEALTH AND PARKINSON'S | NANAIMO

On April 29, join us in Nanaimo for a talk with Parkinson Society British Columbia's own Registered Clinical Counsellor, Tricia Wallace. She will discuss stress, life balance, and mental health, as well as review key issues associated with Parkinson's disease including depression, anxiety, and apathy. Causes and treatment options will be presented.

This talk is for both people with Parkinson's and their carepartners/caregivers.

Date: Wednesday, April 29
Time: 1:30pm – 2:30pm (check-in begins at 1:00pm)
Location: Christ Community Church
2221 Bowen Rd, Nanaimo [[map](#)]
Cost: Members: \$5 | Non-members: \$10
Registration: www.parkinson.bc.ca/nanaimo-ct

FOR A LIST OF ALL UPCOMING EDUCATION EVENTS, VISIT WWW.PARKINSON.BC.CA/EVENTS

FUNDRAISING EVENTS



- Chocolate & Beer Tasting: March 8 [[buy tickets](#)]
- IMPACT Parkinson's: Ongoing event proceeds [[see events](#)]
- Donate a Car Canada: Ongoing [[learn more](#)]
- Naturally Urban Pet Food Delivery Sales: Ongoing [[learn more](#)]

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 Caroline Wiggins at cwiggins@parkinson.bc.ca or 1-800-668-3330.

NEWS & ANNOUNCEMENTS

STEP BY STEP RETURNS THIS APRIL!

Starting Saturday, April 11, Parkinson Society British Columbia is bringing back the Step by Step program for the sixth consecutive year! Step by Step is a 12-week walking program aimed at incrementally improving individual fitness and endurance level. 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 progress, a community group leader will organize a weekly walk allowing walkers to meet, socialize, and support one another.

Interested in becoming a Step by Step leader in your community? Contact Shelly Yu, Education and Support Services Coordinator, at syu@parkinson.bc.ca, or call 1-800-668-3330.

CONTINUING EDUCATION SCHOLARSHIPS

Parkinson Society British Columbia aims to provide opportunities for individuals who wish to pursue a career involving Parkinson's disease (PD) 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.

The program is open to any professional interested in working with this population. Scholarships will be awarded to applicants who demonstrate a strong commitment to supporting those with PD through long-term community engagement and programming. Special consideration will be given to applicants living in communities with limited resources for people with Parkinson's.

Six scholarships up to \$1000.00 will be awarded in 2020.

For more information: www.parkinson.bc.ca/continuing-education-scholarships

WE'RE LOOKING FOR A SUPPORT GROUP FACILITATOR IN CRANBROOK!

Parkinson Society British Columbia is actively recruiting a volunteer Support Group Facilitator to assist in maintaining and strengthening the Parkinson's community in Cranbrook.

For more information about this position, visit www.parkinson.bc.ca/cranbrook-sg-facilitator. To apply, please contact Stacey Dawes, Education and Support Services Manager, at sdawes@parkinson.bc.ca or 1-800-668-3330.

UPDATE! WEST KELOWNA SUPPORT GROUP DATE AND TIME

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

Date: 2nd Monday of each month
Time: 10:00am – 11:30am
Location: The Heritage Retirement Residence | Theatre Room
3630 Brown Rd, West Kelowna [\[map\]](#)

NEW! VERNON CAREPARTNER SUPPORT GROUP

This support group is intended for anyone caring for someone with Parkinson's. Friends and family members are welcome!

Date: 3rd Friday of each month
Time: 2:00pm – 3:00pm
Location: Triumph Coffee (across from Natures Fare)
3401 30th Ave, Vernon [\[map\]](#)

BE A PART OF OUR APRIL AWARENESS CAMPAIGN!

Every April, Parkinson Society BC launches a provincial campaign for Parkinson's Awareness Month. Last year, we used the slogan "more than a tremor" to remind the public that there's far more to Parkinson's disease (PD) than meets the eye.

In 2020, we are inviting members of the Parkinson's community to take part in our campaign by sharing their stories, and helping spread awareness of the realities of life with PD. This an opportunity to promote education and compassion, and advocate for the needs of our community on a large scale. We will be sharing your stories in advertisements, in the media, and online. If you are interested in taking part, contact Jovana Vranic, Marketing & Communications Senior Coordinator, at jvranic@parkinson.bc.ca.

IMPACT PARKINSON'S EVENTS | NEW WESTMINSTER

To learn more and register for IMPACT Parkinson's events, visit www.impactparkinsons.com.

Healthy Eating for Parkinson's

Join IMPACT Parkinson's with Founder, Robyn Murrell, Dr. Caroline Coombs, ND, and Wendy Wells, Dietician, RHN, BSc, MSc for a session on healthy eating for people with Parkinson's. Learn about the gut microbiome and diet connection, testing available for Parkinson's, plant-focused eating, and how diet affects Parkinson's symptoms and medication.

Date: Saturday, March 14
Time: 10:00am – 12:00pm
Cost: \$40 per person, or \$70 for couples
Includes \$20 voucher from Choices Markets

Depression and Self-Care for Parkinson's

In this session with Dr. Fidel Vila-Rodrigues, psychiatrist and consultant at the Pacific Parkinson's Research Centre, learn about a new clinical trial for people with Parkinson's who experience depression. Amy Ma from Parkinson Society BC will also discuss support services available to people with PD, and a representative from the West Coast College of Massage will share information on massage therapy for Parkinson's.

Date: Friday, March 20
Time: 3:00pm – 5:00pm
Cost: by donation

DISCUSSION: NUTRITION & PARKINSON'S DISEASE

DISCUSSION QUESTIONS:

1. What dietary changes have you, or your loved one with Parkinson's, made since diagnosis? Have these changes made a positive or negative impact on Parkinson's symptoms?
 2. Has your physician or neurologist provided you with Parkinson's-specific dietary advice and resources? If so, what did they share with you?
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March is National Nutrition Month. Good nutrition is key in maintaining one's overall wellbeing. For people with Parkinson's disease (PD), it can have an impact on medication efficacy, gut health, weight management, and resilience.

STRENGTHENING YOUR NEUROLOGICAL RESERVE

If you have Parkinson's, it is important to retain your neurological reserve. This refers to the brain's total density (brain reserve), as well as its neural networks (cognitive reserve). When the brain is impaired by disease, injury, or inflammation, it can compensate by rewiring neural pathways to perform its declining functions in a different part of the brain.

Our brain reserves are dictated by genetics, as well as lifestyle factors including environment, exercise, and nutrition. Cognitive reserves tend to be higher in those that are multilingual, have post-secondary education, work in demanding careers, have strong social connections, and those who meditate.

Individuals with higher reserves are typically more resilient to neurological disease. The greater your neurological reserve, the greater the brain's capacity to rewire itself. Nutrition plays a key role in its maintenance not only by providing fuel to the brain, but also by reducing inflammation, encouraging nerve insulating factors, and improving neuronal connections.

NUTRIENTS AND OTHER CONSIDERATIONS

People with Parkinson's should look to incorporate nutrients that support a healthy neurological reserve, including:

- omega-3 fatty acids, found in wild fish, seeds, nuts, and brussels sprouts
- antioxidants, found in berries, leafy greens, colourful fruits and vegetables, spices, and herbs
- choline, found in soy products, legumes, green vegetables, nuts, grains, fish, and eggs

Many people have questions about the effects of protein on medication absorption – particularly when it comes to levodopa. "Levodopa competes with amino acids from dietary protein for access to the blood stream (from the gut) and access to the brain (from the bloodstream)" (Hutchison, 2019). Protein in your meals may be a problem if you find that your medications are taking a long time to kick in, you experience a longer "off" state than is typical, or you notice that your medications are not working at all. If you experience any of these symptoms, it is recommended to keep a journal of the food you eat, including the timing of your meals in relation to your medications, and bring this to your physician or neurologist.

NUTRITION AND YOUR MICROBIOME

What you eat also feeds your gut microbiome, which is made up of microorganisms, including bacteria, viruses, and fungi. The "passengers" that make up the gut microbiome help to digest food, regulate the immune system, protect us against pathogenic bacteria and fungi, and produce vitamins (Hutchison, 2019).

We encourage you to take time this month to explore your gut health and the many ways it can support a healthy balance in your life. As always, consult your physician before making any major changes to your diet. Your physician may also be able to direct you to supporting resources, such as a dietician, naturopath, or nutritionist, to help make sound dietary decisions.

ADDITIONAL RESOURCES

Nutrition | Helpsheet | bit.ly/pdnutrition

Nutrition and You with Elietha Bocskei | vimeo.com/156504845

Nutrition and Parkinson's with Dr. Pamela Hutchison | vimeo.com/376225991

Food for Thought: Diet and Nutrition in Parkinson's | bit.ly/2T57HGQ

SOURCES

Hutchison, P. (2019, October 25). *Nutrition and Parkinson's Disease*. Moving Forward, Together. Parkinson Society British Columbia, Vancouver, B.C.