

# VIEWPOINTS



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

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# Parkinson Society British Columbia

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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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Charitable Registration Number 11880 1240 RR0001

## 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:

**Membership** – \$25 annual fee

**Monthly or Quarterly 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

## Self-Help Support Groups

100 Mile House, Abbotsford, Burnaby, Campbell River, Chilliwack, Chinese Speaking (Burnaby), Courtenay/Comox Valley, Courtenay/Comox Caregivers, Cowichan, Cranbrook, Elk Valley (formerly Sparwood), Fort St. John, Kamloops, Kelowna, Kelowna Caregivers, Ladner, Langley, Lions Bay, Maple Ridge/Pitt Meadows, Maple Ridge Caregivers, Mission, Nanaimo, Nelson, New Diagnosis 1 & 2 (Vancouver), New Westminster, North Shore, North Shore Caregivers, Osoyoos/Oliver, Parksville/Qualicum, Parksville Caregivers, Penticton, Penticton Caregivers, Powell River, Prince George, Quadra Island, Richmond, Shuswap/Salmon Arm Caregivers, South Sunshine Coast (Sechelt), Terrace, Trail/Castlegar, Tri-Cities, Tri-Cities Caregivers, Tsawwassen, Vancouver Arbutus, Vancouver Caregivers, Vancouver West Side, Vernon, White Rock

## 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.



Parkinson Society  
British Columbia

# Parkinson's movement

## Join The Parkinson's Movement!

*Help us spread the word about the benefits of exercise and raise funds for exercise programs designed specifically for people living with Parkinson's.*

Here's how to join:

**1** **Commit** to doing your favourite form of exercise for 30 or more days.

**2** **Register** online ([www.parkinson.bc.ca](http://www.parkinson.bc.ca)) and create your own personal profile detailing your exercise commitment.

**3** **Ask** for pledges from family, friends, co-workers, neighbours, your social networks (Facebook, Twitter, Instagram) and more!

**4** **Feel good** that you've made a positive lifestyle change and while doing so you've raised money to improve someone else's life.

Research continues to support the theory that physically challenging exercise is one of the best non-medical options for managing Parkinson's symptoms. Help us improve the lives of those living with Parkinson's. Go to [www.parkinson.bc.ca](http://www.parkinson.bc.ca) to register or donate to The Parkinson's Movement today!



### The Parkinson's Movement

Go to [www.parkinson.bc.ca](http://www.parkinson.bc.ca) to register or donate to The Parkinson's Movement today!

Other ways you can support Parkinson Society British Columbia (PSBC):

- Organize an event or information day at your local shopping mall, community centre or church, and distribute PSBC brochures and information materials – or sell bunches of fresh cut tulips.

- Become a **Champion for Parkinson's** and organize a fundraiser. Everything from garage sales to pub nights can make a real difference. Contact Lucy Isham-Turner for more information at [lishamturner@parkinson.bc.ca](mailto:lishamturner@parkinson.bc.ca) or 1 800 668 3330.

- Deliver information to general practitioners, neurologists, hospitals and residential care facilities in your community.

- Spread the word through Facebook and Twitter. Remember to "like" our Facebook page and share our posts!

## Nutrition & Parkinson's Disease

### **What are the basics of a balanced diet?**

Good nutrition plays a particularly critical role for individuals with Parkinson's disease. A balanced diet helps to maintain your energy, contributes to brain health, maximizes the potential of medications and promotes well-being (American Parkinson's Disease Association, 2009). Each individual's needs for nutritional intake will vary, so it is prudent to consult with a doctor or registered dietitian to determine what is best. Generally, a balanced diet involves eating regularly and not skipping meals, eating from a variety of food groups and eating to maintain a healthy weight (Traviss, 2007). Following the guidelines provided in *Eating Well with Canada's Food Guide* will ensure that you are getting the recommended daily servings you need from each of the four food groups.

While this may seem like simple advice, some people with Parkinson's may find it challenging to ensure they are eating a balanced diet due to their lifestyle or symptoms, which may affect the ability to shop, prepare food and eat. If you are experiencing difficulties, reach out to your doctor or a registered dietitian for advice. Furthermore, you may find it helpful to seek assistance from others for shopping and meal preparation. When you are shopping, be sure to keep nutritious, easy-to-prepare meals and snacks on hand (Traviss, 2007).

### **Is there a specific diet to follow for Parkinson's?**

Research has provided some evidence on the possible benefits of certain foods; however, it has not been specific to Parkinson's disease (Zwickey, 2016). Currently, no singular diet has been shown to treat Parkinson's disease or its symptoms, but a healthy and balanced diet can improve general well-being (Michael J. Fox Foundation, n.d.). So what can you eat as a part of an informed diet? Look for

foods that are neuroprotective, anti-inflammatory and rich in antioxidants.

**Neuroprotective foods** have been studied for their potential to improve brain health. Nuts have shown the most promise; however, they are high in calories, so your intake should be limited to a small handful per day. Consider making a healthy granola for breakfast with chopped nuts and dried fruit, but skip the oatmeal and grains. If you have trouble swallowing, you can incorporate a nut butter into your diet instead. In addition to nuts, some herbs and spices have been shown to keep the brain healthy such as turmeric, ceylon cinnamon and rosemary.

**Anti-inflammatory foods** may be useful in keeping the brain healthy. The types of fat you consume are important in reducing inflammation. One type of oil that appears to have positive benefits is coconut oil, and you can cook with it as you would with olive oil. Other foods that are considered to have anti-inflammatory properties are dark leafy greens such as kale, spinach and collard greens; soy products; and oily fishes like salmon, tuna and mackerel (Zwickey, 2016).

**Antioxidants**, according to the Mayo Clinic, are "substances that may protect your cells against the effects of free radicals – molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation." (n.d.). Essentially, free radicals are toxic substances formed from stressors. When you have too many free radicals, the body is said to be under oxidative stress. A diet high in antioxidants may offset cellular damage and oxidative stress (Michael J. Fox Foundation, n.d.). Look for fruits that are purple and red, like blueberries and raspberries. These berries contain pigments called anthocyanins, which are well-known antioxidants (Zwickey, 2016).

### **What impact may diet have on my medications?**

Your mealtimes may affect how quickly medications are absorbed into your body. For example, some

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individuals who take carbidopa-levodopa, or Sinemet®, may find that protein-rich foods increase the time it takes for their medication to kick in, or make it less effective (Zwickey, 2016). If you find that this is an issue for you, try taking your carbidopa-levodopa (Sinemet®) 30 minutes before your meal with a carbohydrate food such as a cracker or biscuit (Parkinson's UK, 2012).

Pyridoxine, or Vitamin B6, has also been found to reduce the effects of levodopa when levodopa is taken on its own. It is recommended that if you are taking levodopa by itself, you avoid taking vitamin products containing B6 unless specifically discussed and prescribed by your doctor. Foods such as bananas, egg yolks, lima beans, meats, peanuts and whole grain cereals contain large amounts of pyridoxine (B6). Check with your doctor as to how much of these foods should be in your diet while taking levodopa (Mayo Clinic, 2015).

### ***Are there any changes I can make in my diet to help with constipation?***

Constipation occurs when stools are hard and difficult to pass, or when a person has a bowel movement less frequently than they have before. It is a common symptom of Parkinson's disease, and may cause poor absorption of medication (Parkinson's UK, 2013). While you may feel that this is a difficult or embarrassing issue to raise, it is critical to discuss it with your healthcare provider as severe constipation can lead to bowel obstruction, a potentially life-threatening condition. There are, however, some steps you can take to help relieve constipation.

### ***Incorporate more fibre-rich foods into your diet.***

Foods such as whole grain bread, pasta, brown rice, breakfast cereals containing wheat bran or oats, vegetables and fruits, will absorb fluid and form a soft stool that can be passed more easily. Although you may think it is an easy fix to add loose extra bran to your food, it is not recommended as this can lead to bloating and reduce absorption of vitamins and minerals.

**Drink more fluids to help fibre do its work.** It is recommended that you drink 8 to 10 cups of water every day. You can count any fluid intake from healthy fruit juices, milk and tea towards this amount. Try to avoid fizzy drinks as they cause some people to feel bloated (Parkinson's UK, 2012).

### ***I've heard that people with Parkinson's are prone to osteoporosis. Is this true? If so, is there anything I can do to help reduce my risk?***

Osteoporosis is caused by a low bone-mineral density. Risk factors include old age, low body weight, smoking, excessive alcohol consumption, limited exposure to sunlight, inadequate intake of vitamin D and calcium and lack of weight-bearing exercise.

Calcium can be obtained through milk and milk products including yogurt and cheese. Although there are additional calcium-rich foods such as tofu, soy-based beverages, orange juice and dark leafy greens, calcium from non-dairy sources may not be well-absorbed.

Vitamin D can be obtained by getting outdoors and consuming vitamin D rich foods. These foods include vitamin D fortified milk, yogurt or breakfast cereals and fatty fish.

Due to the fact that individuals with Parkinson's disease are at an increased risk of falling, having osteoporosis can be particularly worrisome. Talk to your doctor about having your bone-mineral density checked, as medical treatments may be available (Traviss, 2007).

***Disclaimer:*** The information contained in this article is for general information purposes only. Any changes to your treatment or course of therapy, including dietary additions or restrictions, should be made in consultation with a physician or other qualified professional.

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## Parkinson's disease patients are singing to a new tune with *SongShine*

In May 2016, Parkinson Society British Columbia (PSBC) will be bringing Dr. Ruthanna Metzgar and Peter Harris from the *SongShine* Foundation™ to B.C. to help expand the network of instructors offering the program.

*SongShine* began in 2006 when Dr. Ruthanna Metzgar was asked by the Traub Parkinson's Center at Eisenhower Medical Center in Rancho Mirage, California, to create and teach a program for Parkinson's patients using music. By 2011, requests were coming in to bring *SongShine* classes to other parts of the country and Canada.

Peter Harris joined *SongShine* as its popularity grew, and now serves as the creative force behind the program. Trained in the drama division at The Juilliard School in New York, he specialized in speech, diction, articulation and Shakespeare. His understanding of the speaking voice, breath work and the emotional dimension necessary to free the voice has been invaluable to all participants.

The program helps to build voice using a holistic approach that integrates breath awareness, body alignment, vocalization, singing as a community, diction and articulation exercises, imagination, role playing and emotional engagement. *SongShine*'s method for resurrecting and maintaining neurologically challenged voices is grounded in **brain**, **breath** and **emotion**:

- **Brain:** Neuroplasticity is the lifelong ability of the brain to adapt to trauma or disease. Studies by brain scientists such as Daniel Levitin, PhD, Norman Doidge, MD, or Nobel Prize winner Gerald Edelman, MD, confirm that the brain can rewire itself under certain stimuli. Acquiring new knowledge through instruction or experience can stimulate the brain to create new neural pathways. Doing something familiar like singing an old favorite song can strengthen existing neural pathways. *SongShine* includes the familiar and the new to reclaim speaking voices.

- **Breath:** "To be conscious of how we breathe is to remain open to the possibility that changing the awareness and use of the breath can make a radical difference to human functioning, particularly to an individual's ability to express themselves."<sup>1</sup> Most people who join *SongShine* classes are clavicular (shallow daily) breathers and have little or no understanding of diaphragmatic/costal (deep conscious) breathing. Awareness and use of conscious and efficient breath flow is the foundation of all speech and song. "Breath is life, life is breath."
- **Emotion:** Nothing expresses emotion more deeply than a song. The additional element of cultivating imagination, playing a role, being spontaneous and playful in a non-judgment atmosphere can be emotionally healing. *SongShine* provides that atmosphere within the classroom. It is the power of brain, breath and emotion that engages the whole person: body, mind, and spirit.

Classes are suitable for anyone with voice issues from neurological disorders or aging. Students who participate say, "It is like having a family, a special family where I feel safe." For those who teach *SongShine*, you will have many wonderful moments and memories of courageous people full of life in spite of neuro-challenges.



### Interested in becoming an instructor for *SongShine*?

The only way to become involved with *SongShine* at the instructor level is to become certified in the *SongShine* method. We encourage professionals in fields related to music, including drama, theatre or speech therapy to sign up for the training on May 12–14, 2016 in Vancouver, BC. You must be able to sing, read music and lead, as well as be open to working in the framework of a multidimensional, interdisciplinary program.

<sup>1</sup> Boston, Jane and Rena Cook, Editors, *Breath in Action*, England, Jessica Kingsley Publishers, 2013

**“** When I came to SongShine because of Parkinson's I spoke so low (softly) that nobody could hear me, I couldn't even hear myself. But anyone who knows me knows they can hear me now, they can hear me.

– HARRY HULSON, PALM SPRINGS, CALIFORNIA **”**

**“** Four years ago, I noticed a tremor in my right hand. My voice was getting weaker. I have Parkinson's. Then three years ago, I discovered SongShine. I'm not as sad as I used to be. Now I'm happier and my voice is coming back—I sing every day—I have many new friends. SongShine has changed my life.

– MYRON THIELMAN, PALM DESERT, CALIFORNIA **”**



Interested in participating  
in SongShine group?

Contact Caroline Wiggins,  
Education and Support Services  
Coordinator, at  
[cwiggins@parkinson.bc.ca](mailto:cwiggins@parkinson.bc.ca)

1 800 668 3330 or  
604 662 3240

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# This is Parkinson's Disease

## Parkinson's Awareness Month Campaign

April is internationally recognized as Parkinson's Awareness Month, and with every year that passes, the need to draw attention to the incidence and prevalence of the disease grows. There are over 12,500 British Columbians living with Parkinson's disease (PD), a number that is expected to increase 65% by 2031.

One of the first illustrations of Parkinson's disease was published in 1886, and since then, it has been widely recognized as a disease that only affects the senior population, primarily characterized by shaking. Parkinson Society British Columbia is committed to changing that perception. The truth is that Parkinson's doesn't discriminate based on age, gender, ethnicity, religion or sexual orientation. It affects people from all walks of life, and at PSBC, we are firm believers that the diversity of our community strengthens us. We're in this together.

This year, we are proud to launch *This is Parkinson's disease*, a campaign aimed at reshaping the public's understanding of PD. A campaign that will bring together individuals across the province, country and internationally, in an effort to better the lives of those affected by Parkinson's disease. To do this, we're sharing real-life stories from members of BC's Parkinson's community.

**Jim, 42.**

Husband.

Motorcycle enthusiast  
& dog lover.

Diagnosed with Parkinson's  
at the age of 33.

WE'RE IN THIS  
TOGETHER.



**Photography:** Noah Asanias ([www.noahasanias.com](http://www.noahasanias.com))

**Production Support:** The Artistry Collective ([www.theartistrycollective.com](http://www.theartistrycollective.com))

Special thank you to Norwegian photographer/videographer Mr. Anders Leines whose exhibit, *This is Parkinson's*, provided inspiration for our campaign.

"Every individual of the Parkinson's community has a unique experience with the disease" says Jean Blake, CEO of Parkinson Society British Columbia. "It is our belief that our differences will unite us rather than divide. Unique perspectives contribute to our overall understanding of the disease, and rather than face a life-changing diagnosis on your own, you can find comfort and support in the collective."

Parkinson Society British Columbia has connected with public transportation companies in Kelowna, Prince George, Vancouver and Victoria to help promote this message. For the month of April, in these communities, you may see some of the photos shown here on this page, in transit ads (buses & skytrains). We have also worked with community centres, seniors centres, clinics, physiotherapists, fitness professionals, businesses and support group facilitators across the province to help promote the campaign.

**You can help!** We've developed posters available digitally via PDF that you can share with your contacts. Don't have a printer? If you're interested in helping canvas your community, we have a limited number of print posters available. Please contact Amanda McCulley, Marketing & Community Engagement Specialist at [amcculley@parkinson.bc.ca](mailto:amcculley@parkinson.bc.ca) or 1 800 668 3330.

*Don't forget to join in the conversation via social media! Follow us on Facebook & Twitter (@ParkinsonsBC) for details!*

For more information on this campaign, the individuals involved and how to help, visit our website at: <http://www.parkinson.bc.ca/this-is-parkinsons>

### Val, 60.

Skier, cyclist and outdoor enthusiast. Diagnosed with Parkinson's in 2010.



### Hope Diamond, 51.

Drag queen.  
Corporate management.  
Comedian.  
Diagnosed with  
Parkinson's in 2013.



### Viola, 66.

Art enthusiast. Mother.  
Information technology  
professional.  
Diagnosed with  
Parkinson's in 1993.



### Dan, 83.

Cross-Canada cyclist.  
World traveler.  
Diagnosed with  
Parkinson's in 2007.



## Engaging the Mind and Body with Dance for PD®

Dance for PD® is an internationally-acclaimed dance program for people with Parkinson's disease developed out of Brooklyn, New York with the assistance of the Mark Morris Dance Group. Through a network spanning 13 countries, the group has succeeded in empowering participants to explore movement and music in refreshing, stimulating and creative ways. Parkinson Society British Columbia (PSBC) is proud to become a part of this expanding network, by offering a train-the-trainer session this year for dance teachers wishing to learn about the program. Their training will help make classes more widely available to British Columbians.

Last year at our Annual General Meeting, we were pleased to have Jo-Ann Gordon lead an exercise break using what she learned at Dance for PD®. We recently caught up with her to discuss more about the benefits of the program.

### **1. How did you get started in Dance for PD®?**

I graduated from the National Ballet School in 1993 and a fellow graduate mentioned she had taken the introductory workshop at the Mark Morris Dance Group in Brooklyn, NY. She highly recommended the program, so I decided to take it in 2013. Just before that, I was invited by a friend who was teaching dance to those living with Parkinson's in Vancouver, to take over her classes as she was moving back East. Through her class, I became more involved with the West Side Parkinson's support group, and have been teaching ever since.

### **2. What types of improvements have you seen in individuals who participate?**

The exercises/dances are set to music, forcing the brain and the body to become engaged which creates a coordinated flow. The movements involve the right and left sides of the body. The dance rhythms go from slow to fast tempos, while the dancers transition from a seated to a standing position, and then moving across the room. Because exercises are repeated



for a number of weeks and always set to the same music, they can be remembered.

**From what I've witnessed with participants, dance provides the feeling of freeness while being in control of your body. Some participants have shared that they have been able to move better in their daily lives as a result of their regular class attendance. As they become more attuned to their bodies, they also notice the subtle progressions of Parkinson's disease. A large part of the class is the social component – being together to support, encourage and have fun. I usually end each class with a social dance, either in a circle or line. Care partners, loved ones and other individuals who come to a Dance for PD® class are valued as they are able to dance along and provide support to those with Parkinson's as they move across the floor.**

### **3. Do you need to have dance experience to participate in a Dance for PD® class?**

No past dance experience is needed to join the class. Everything is broken down into sequences, built up and repeated, making it easy to follow. Those who have taken an aerobics class, line dancing or tai chi, will see similarities. Dance for PD® incorporates ballet, jazz, tap and modern exercises and movements.

### **4. Are there any restrictions/limitations for someone to participate in a class?**

There are no restrictions or limitations to participating in the class. Most of the exercises are adapted for

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## Make an Impact

# FUNDRAISE



## Champions FOR PARKINSON'S

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! From bake sales, to dinner parties, to beer tastings, to sport tournaments, no event is too big or too small. Take the lead, get creative, build awareness, raise funds and don't forget to have fun!

We are here to help you plan a successful event. We provide:

- 💧 Friendly support
- 💧 Step-by-step planning
- 💧 Event kits
- 💧 Website & social media support

For more information please visit our Champions page on our website at: [www.parkinson.bc.ca/Champions](http://www.parkinson.bc.ca/Champions) or contact Lucy Isham-Turner | [lishamturner@parkinson.bc.ca](mailto:lishamturner@parkinson.bc.ca) | 604 662 3240 | 1 800 668 3330

those who need to remain sitting, in a wheelchair for example, and those who need a walker for support. Some people come to the class simply to enjoy the atmosphere, music and be social. Everyone adjusts to their own needs and limitations while participating. It takes courage to continue coming as the disease progresses, and it's valuable to be a part of a group.

### 5. What has been the most positive experience for you while leading a class/what do you enjoy most about teaching?

The classes challenge me to create dances that provide beneficial movements for those with Parkinson's. I enjoy finding music that others can relate to, and sometimes sing along with. Each week I want to provide a full class, allowing participants to experience the many aspects of what it means to dance. Gradually, I increase my demands on what they do, and they always rise to the challenge. I love engaging the dancers' minds with different sequences of movements. It's so rewarding when I see people 'get' it, and I'm able to build relationships that I cherish.

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Jo-Ann Gordon teaches Dance for PD® classes at the Vancouver West Side support group meeting at St. Mary's Anglican Church (2490 West 37th Avenue at Larch, Vancouver).

## West Coast College of Massage Therapy

West Coast College of Massage Therapy holds a special massage clinic for people with Parkinson's, caregivers and support workers.



The clinic is on **Thursdays**

**from 4:00 pm to 7:45 pm.** The cost is \$13 for people with Parkinson's and \$22 for carepartners and support workers.

We have received excellent feedback from those who have attended the clinic. If you are interested, please call the clinic receptionist at **604 520 1830**.

Access is through the back entrance on Clarkson Street and is wheelchair accessible.

613 Columbia Street  
New Westminster, BC

(Near 6th Street, one block from Columbia Skytrain Station)



**Interested in attending a Dance for PD® class in your area?** Visit our Community Exercise Programming page on our website at: <http://www.parkinson.bc.ca/Community-Exercise-Programming> or contact Caroline Wiggins, Education & Support Services Coordinator, [atcwiggins@parkinson.bc.ca](mailto:atcwiggins@parkinson.bc.ca) | 604 662 3240 or 1 800 668 3330.

## Get Energized With Exercise

April is Parkinson's Awareness Month, and while this is a time to help the public better understand the disease, it is equally important to discuss ways in which care partners and caregivers can obtain their own support. Thanks to the coordinated efforts of volunteers and the staff at Parkinson Society British Columbia, there are a number of opportunities to improve your well-being through exercise in the month of April. One easy way is to start or join a walking group in your community!

Walking groups are easy to participate in and organize. Additionally, they offer many benefits such as accountability, motivation, stress relief, safety and perhaps most importantly, socialization outside your everyday caregiving duties (Mayo Clinic, 2014). The camaraderie and shared experiences of fitness success can help you walk your way to better health.

Other benefits that walking can have on your health include:

- Maintaining a healthy weight
- Preventing or managing various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthening bones
- Lifting mood
- Improving balance and coordination

(Mayo Clinic, 2013)

In order for walking to be a beneficial exercise for your health, it needs to be done at a pace where you feel some physical exertion (Defranco, 2015). An easy way to start tracking your walking schedule, exertion and overall improvement is to take part in Parkinson Society British Columbia's *Step by Step* program.

*Step by Step* is a 12-week walking program aimed at incrementally improving the number of average daily steps an individual takes. The first week will determine each walker's baseline, and then each week you plan

to increase your steps based on a personal goal. While participants are encouraged to walk on their own and track their steps, a community group leader will organize a weekly walk, allowing for walkers to meet, socialize and support one another.

### Ten Tips for Fitness Walking

Walking is one of the easiest and least expensive ways to stay physically fit. It's also a versatile form of exercise that can be done indoors or outdoors, and you can tailor its intensity to your individual needs. The following tips can help you get the most from your workout.

- 01 Before starting, check with your doctor if you have a chronic medical condition or if you have had a recent injury. But don't assume that you aren't able to start walking if you do have medical issues.
- 02 Invest in good shoes. Since these are the only expense and equipment you'll need, pay attention to the fit and quality of your shoes. Shoes should have good arch support and a slightly elevated stiff heel to prevent wobbling.
- 03 Always warm up by walking at a slow or normal walking pace for five minutes before picking up the tempo of your workout.
- 04 Pay attention to your heart rate and breathing. Walk at a pace that challenges you and elevates your heart rate, but don't overdo it. You should be able to talk and carry on a conversation while you are exercising; if you can't, you may be working too hard.
- 05 Use good walking posture. Swing your arms. Keep your head up, back straight and abdomen flat.
- 06 Use a pedometer to track the distance you've walked or the number of steps you've taken. Watching your improvement over time is great motivation.
- 07 Be sure to carry water if you're walking long distances or are exercising in hot weather.

*continued on next page...*



For more information and to download a *Step by Step* Booklet on our website visit:  
<http://www.parkinson.bc.ca/Step-by-Step>

- 08 In the heat of summer, don't forget to wear a hat with a brim and to apply sunscreen to exposed areas.
- 09 Vary your route if you're getting bored. Alternate routes on different days of the week. Many people walk with a buddy or in groups for support and motivation.
- 10 To increase your fitness, add a route with some hills or changes in terrain.

**Interested in joining or organizing a *Step by Step* group in your community?** Contact Caroline Wiggins, Education & Support Services Coordinator, at cwiggins@parkinson.bc.ca or 1 800 668 3330.

#### References:

Defranco, Meredith. 2015. *Walk On! The benefits of walking for people living with Parkinson's Disease*. Retrieved February 23, 2016 from, <http://movementdisorders.ufl-health.org/2015/12/17/walk-on-the-benefits-of-walking-for-people-living-with-parkinsons-disease/>

Mayo Clinic. 2013. *Walking: Trim your waistline, improve your health*. Retrieved February 23, 2016 from, <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>

Mayo Clinic. 2014. *Walking group: Banish boredom, boost motivation*. Retrieved February 23, 2016 from, <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20045837>

Do you have  
Parkinson's  
related legal  
issues?

*Blakes*

Through a partnership with PSBC, the law firm of **Blake, Cassels & Graydon LLP** offers free of charge legal services to people with Parkinson's in British Columbia.

The Litigation Support Program from Blakes addresses legal issues such as discrimination against individuals with Parkinson's in the workplace; discrimination in accommodations, services or facilities that are generally available to the public; and, wrongful denial of disability insurance or denial of government services.

If you have a legal problem relating to Parkinson's disease, please contact **Jean Blake, CEO** at [jblake@parkinson.bc.ca](mailto:jblake@parkinson.bc.ca) for more information.

## Special Thanks

Clark Wilson LLP, thank you for your continued support, and most recent gift of \$2,000.

**North Vancouver Host Lion's Club**, thank you for inviting us to your November 2015 meeting to help raise awareness for Parkinson's disease, and for your generous gift of \$1,500. We loved meeting you all and thoroughly enjoyed the delicious supper!



Congratulations to Alisdair Taylor, Jeff Corrow and all the participants of the **North Shore Hike for Parkinson's**, who raised \$2,500 for Parkinson Society British Columbia. The hike took participants



PHOTO CREDIT: ONE TWO PRODUCTIONS, WWW.ONETWOPRODUCTIONS.COM

*Emily Chambers*

24 kilometers along the Baden Powell Trail starting from the base of Grouse Mountain and ending in Deep Cove. We are so thankful for your support!

**Shake, Shake, Shake: A Party for Parkinson's** took place on Friday, January 8, 2016 at the Imperial in Vancouver, BC. We are thrilled to share that the event, organized by Emily Chambers, Kate Thomas and the Chambers family, raised over \$16,000 for Parkinson Society British Columbia!

## April

### 15 Brain Health Fair

The Brain Health Fair is a free, day-long event connecting hundreds of neurology patients, families, and caregivers affected by a brain disease, as well as students interested in brain science and the general public interested in brain health.

**Date:** Friday, April 15

**Place:** Vancouver Convention Centre, Ballroom ABCD

**Registration:** <http://bit.ly/2016BrainHealthFair>

### 30 The Victory Summit®, Vancouver

Join the Davis Phinney Foundation, and local partners including Parkinson Society British Columbia, for The Victory Summit® Parkinson's symposium. This national educational event is a moving day of information and inspiration, featuring dynamic presentations from leading movement disorder neurologists and therapists from across Canada and the US.

**Date:** Saturday, April 30

**Time:** 8:30am – 3:45pm

**Place:** Sheraton Vancouver Airport Hotel  
7551 Westminster Hwy, Richmond

**Cost:** Free

**Registration:** <http://bit.ly/DavisPhinneyVancouver>

## May

### 12–14 SongShine Foundation™ Instructor Training

In partnership with PSBC, SongShine Foundation™ is offering an Instructor Training, May 12–14 (2.5 days). Participants will be trained to teach an integrated voice strengthening method for those with Parkinson's.

**Dates:** Thursday, Friday, Saturday  
May 12–14

**Registration Deadline:** May 5

**Place:** Broadway Church  
(2700 E. Broadway  
Vancouver, BC V5M 1Y8) [map]

**Cost:** \$300 (CAD & USD)

For more information and to register for  
[www.parkinson.bc.ca/education-events](http://www.parkinson.bc.ca/education-events)

Thank you to the six talented local artists/bands Dutch Robinson, Tonye Aganaba, David Morin, Star Captains, Camaro 67 and Emily Chambers, who treated attendees to an evening of incredible music. The silent auction was a hit thanks to all of our donors, especially Western Water and Gas Products, who donated \$1,000 and a Napoleon BBQ. Furthermore, we were fortunate to have the support of an incredible artist, Lauren Taylor, who donated three unique and beautiful pieces of art for our live auction.

On the promotion side of the event, we would like to extend our deepest gratitude to One Two Productions, who ran a social media campaign for the event and covered the entire show; Roundhouse Radio for providing us with air time to promote the event and encourage awareness of the disease; Vancity Buzz & Hello VanCity Magazine for helping to get the word out; and Kim Bowie for her expertise and connections in helping the event get media coverage!

Due to overwhelmingly positive feedback, Shake, Shake, Shake will be back in 2017!

## In Memory of Ian Smith

It is with regret that we share the news of the passing of Colonel (Retired) Ian Smith in February of 2016. Colonel Smith was featured in our special Remembrance Day issue of Good News in November 2015 for his military service. Additionally, he played an instrumental role assisting in bringing SuperWalk to Victoria, BC in September 2015, by sitting on the organizing committee.

We wish to express our sincerest condolences to all those who knew Colonel (Retired) Smith, and extend our deepest gratitude for his years of service to our country.

## June

### **28** Regional Conference – Prince George

**Date:** Saturday, May 28  
**Time:** 10am – 4pm  
**Place:** Westwood Church  
     2658 Ospika Boulevard  
     Prince George  
**Cost:** \$30 Member  
     \$50 Member (Couple)  
     \$40 Non-member  
     \$70 Non-member  
     (Couple)

### **3** Communication and Swallow Workshop – Castlegar

**Date:** Friday, June 3  
**Time:** 9am – 4pm  
**Place:** Sandman Hotel Castlegar  
     1944 Columbia Ave, Castlegar  
**Cost:** \$40 Member  
     \$70 Member (Couple)  
     \$50 Non-member  
     \$90 Non-member (Couple)

### **25** Regional Conference – Kelowna

**Date:** Saturday, June 25  
**Time:** 10am – 4pm  
**Place:** Ramada Hotel and Conference Centre  
     2170 Harvey Avenue, Kelowna  
**Cost:** \$30 Member  
     \$50 Member (Couple)  
     \$40 Non-member  
     \$70 Non-member (Couple)

## September

### **20–23**

#### World Parkinson Congress



The World Parkinson Congress provides an international forum for dialogue on the latest scientific discoveries, medical practices and caregiver initiatives related to Parkinson's disease (PD).

For registration, please visit:

► [www.wpc2016.org](http://www.wpc2016.org)

**WPC Scholarship Program for BC residents:** Parkinson Society British Columbia is offering a limited number of scholarships to those who have financial limitations that may prevent them from attending the Congress. Closes April 1. For more information, please visit:  
 ► [www.parkinson.bc.ca/World-Parkinson-Congress](http://www.parkinson.bc.ca/World-Parkinson-Congress).

these events, please visit:

# SAVE THE DATE

Please be advised that this is a members only event and that registration is required for attendance.

If you are a non-member interested in attending the AGM and educational session, membership with the Society is offered at an annual fee of \$25. This fee allows you and your household to take advantage of all benefits until December 31, 2016.

For more information, or to become a member, visit our website at [www.parkinson.bc.ca](http://www.parkinson.bc.ca).

The venue will be wheelchair accessible.

Light refreshments provided.



# notice of 2016 annual general meeting

Saturday, June 11

Vancouver Public Library (downtown)

Alice McKay room | 350 West Georgia St.

Go to our website at [www.parkinson.bc.ca](http://www.parkinson.bc.ca) to register or to become a member of the Society.

## Guest Speaker

J. Eric Ahlskog, M.D., Ph.D.

Author of "The New Parkinson's Disease Treatment Book: Partnering With Your Doctor to Get the Most From Your Medications", Dr. Ahlskog is a Professor of Neurology at the Mayo Medical School, and Chair of the Mayo Section of Movement Disorders, Mayo Clinic, Rochester, Minnesota. He is widely considered to be a leading authority on Parkinson's disease (PD) with more than 30 years of experience treating people with PD, both in the clinic as a full-time, patient-seeing neurologist, and as a clinical investigator responsible for PD treatment protocols.

## Topic

*The Nuts and Bolts Approach to the Treatment of Parkinson's Disease*



600 – 890 West Pender Street  
Vancouver, BC V6C 1J9



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