

SPECIAL NOTICE

In response to the global outbreak of COVID-19, Parkinson Society BC has been taking proactive measures to manage the potential for transmission. As such, we have made the decision to close our office. Staff will be working remotely until further notice. We will continue to offer programs and services in alternate formats.

All calls will be directed to voicemail, with staff checking their messages frequently. We will be answering all queries in order of priority. Please note that calls may be returned from unfamiliar phone numbers during this time. If you wish to contact our staff directly via email, individual contact information is available in our staff listings at www.parkinson.bc.ca/staff.

For the most up-to-date information, please visit this PSBC web page: www.parkinson.bc.ca/coronavirus. If you have any questions, please contact us at info@parkinson.bc.ca. We thank you for your patience during this time.

UPCOMING EVENTS – Exercise Programs

Please note: *Participation in the exercise programs below will be done at your own risk within your home. Please ensure you are wearing proper footwear, and have the space needed to follow the exercises with no obstacles or barriers in your way.*

Parkinson Society BC (PSBC), Shelly Yu, and Allie Saks will not be held liable for accidents or incidents that may occur in your home. By participating in the exercise programs listed below, you are recognizing that risk of illness and/or injury may be inherent in any movement or exercise class and are participating with the express agreement of, and understanding that Shelly Yu, Allie Saks, and PSBC and its directors, officers, employees, partners, and agents are hereby released from any and all claims, costs, liabilities, expenses, or judgements associated with these exercise for Parkinson's programs.

Rock Steady Boxing with Allie

Join us for this 3-part webinar series on the Rock Steady Boxing (RSB) program! Occupational Therapist and RSB certified coach, Allie Saks, will walk you through the benefits of boxing for Parkinson's, and lead a live RSB class, demonstrating basic boxing moves. Classes will feature stretching, cardio, shadow boxing, strength exercises, core work, and a cool-down stretch. Each session will challenge participants with progressively higher-paced boxing moves. No experience or specialized equipment is required to participate.

Rock Steady Boxing was founded in 2006 in Indianapolis by Scott Newman, whose own Parkinson's symptoms improved through non-contact boxing. Boxing has also been shown to delay disease progression and enhance quality of life.

Only one registration is required for this series.

- Date: Thursdays, May 7, 14, & 21
- Time: 2:00pm – 3:00pm
- Cost: Free
- Registration: www.parkinson.bc.ca/boxing-series

10 Day Exercise Challenge

Join us for the 10-Day Exercise Challenge, and stay active at home! Over the course of this Challenge, neuro physiotherapist, Shelly Yu, will guide you through a different 5-minute exercise every day, which you can perform in the comfort of your own home, and on your own time. This Challenge is perfect for those facing various difficulties with exercise, including time constraints, lack of motivation, or simply not knowing where to start.

Every day throughout this Challenge, we will send you an exercise video to follow along with at your own pace. Perform the exercises as many times as you like, and repeat them throughout the day as desired! These exercises will emphasize coordination of the arms and legs, as well as balance, strength, and power. Adaptation instructions will also be provided for those who wish to complete the exercises sitting.

Date: Tuesday, May 19 – Thursday, May 28
 Cost: Free
 Registration: www.parkinson.bc.ca/10-day-challenge

Morning Pilates with Shelly

Join neuro physiotherapist and trained Pilates instructor, Shelly Yu, for four weeks of morning Pilates! Pilates is a great low-impact form of exercise, which can help improve mobility, posture, and balance, and reduce fall risk.

This series is offered at two levels. **Please register for the level that best suits your physical ability.** Level 1 is an adapted class focused on sitting and lying positions, while Level 2 features standing and lying exercises. To register, please visit www.parkinson.bc.ca/pilates-with-shelly.

Level 1

This series will explore gentle but challenging movements in sitting and lying positions. Level 1 is an adapted class, and will not include any standing.

The class will start sitting at the edge of the bed, followed by lying on the bed. Ideally, participants should be able to lie on their back and side. No previous experience is required.

Equipment needed for the class includes a bed (a couch/sofa is acceptable, although your movements may be restricted), pillows, a long towel or scarf, and if needed, a loved one to help with transferring from sitting to lying.

Date: Tuesdays, May 26, June 2, 9, & 16
 Time: 10:30am – 11:15am
 Cost: Free

Level 2

Level 2 of this series will explore both static and dynamic stability exercises in both standing and lying positions.

These exercises require participants to be able to stand independently (with or without a gait aid), get on/off the floor, and be able to lie on their back, side, and front.

No equipment is needed for the class, other than a mat to lie on. If no mat is available, participants can lie on carpet, or use towels to cushion their bodies against the floor.

Date: Thursdays, May 28, June 4, 11, & 18
 Time: 10:30am – 11:15am
 Cost: Free

Move with Shelly

Join Parkinson Society British Columbia's own Education and Support Services Coordinator, and neuro physiotherapist, Shelly Yu, for a fun and energetic online Parkinson's exercise class, designed to challenge your strength, balance, and mobility, to improve your overall daily function and quality of life. Two versions of this series will be offered over the course of five weeks. Please register for the series that best suits your mobility level. To register, please visit www.parkinson.bc.ca/move-with-shelly-2.

Standing Class

This class will consist of standing exercises, with some dual-tasking challenges.

Adaptations will be provided for those who require a walker, cane, or other support. No equipment is needed.

Date: Tuesdays, June 2, 9, 16, 23, & 30

Time: 3:00pm – 4:00pm

Cost: Free

Seated Class

This class is suitable for those who prefer a slower-paced class. All exercises will be completed in a sitting position. No equipment is needed, other than a chair to sit in.

Date: Thursdays, June 4, 11, 18, 25, & July 2

Time: 3:00pm – 4:00pm

Cost: Free

UPCOMING EVENTS – Educational Webinars**Ask the Expert Webinar: Depression and Parkinson's**

When most people think of Parkinson's disease, motor symptoms like tremors and slowness of movement are typically the first to come to mind. However, mental health changes can be a significant aspect of the disease as well, with at least half of all people with Parkinson's experiencing depression and/or anxiety.

Join us on May 12 as Dr. Fidel Vila-Rodriguez, Assistant Professor in the Department of Psychiatry at the UBC Faculty of Medicine, and the Director of the Non-Invasive Neurostimulation Therapies Laboratory and Schizophrenia Program, discusses the symptoms of depression and how to manage them. He will also go over current research on depression and Parkinson's disease.

Date: Wednesday, May 12

Time: 10:00am – 11:00am

Cost: Free

Registration: www.parkinson.bc.ca/depression-webinar

Ask the Expert Webinar: Pole Walking for Parkinson's

Occupational therapist and gerontologist, Mandy Shintani, of Urban Poling Inc. joins Parkinson Society BC to discuss Nordic walking, and how adding poles can improve balance, posture, and tolerance for walking, as well as prevent falls. Mandy brings extensive knowledge from her experience in the development of Activator poles, and technique and training courses for rehabilitation professionals.

Join us to find out how Nordic poles can turn your walks into a convenient and fun high-intensity

workout! This session is useful for all ability levels, and no experience with pole walking is required. People with Parkinson's, carepartners, and healthcare professionals are all welcome.

Date: Friday, May 15
Time: 11:00am – 12:00pm
Cost: Free
Registration: www.parkinson.bc.ca/pole-walking-webinar

Parkinson's Medication Webinar Series

Pharmacist, Amy Tran leads this four-part webinar series, covering Parkinson's medication, including self-management, side effects, and drug interactions. Amy believes in empowering people with Parkinson's by providing education to support patients in managing their medication between healthcare appointments. Each webinar in this series will cover the complexities of each Parkinson's medication, to support you in better self-managing and self-advocating.

Please note that separate registration is required for each session. To register, please visit www.parkinson.bc.ca/medication-webinar-series. All sessions are free to attend.

Levodopa for Parkinson's

Friday, May 22 | 2:00pm – 3:00pm

This webinar will explore levodopa, the most commonly-used medication to treat the motor symptoms of Parkinson's disease. Levodopa is a building block of dopamine in the body. When given as a medication, it stimulates dopamine production in the brain, which can produce various side effects including dyskinesia and motor fluctuations, which are common complications in advanced stages of Parkinson's.

Dopamine Agonists, MAO-B Inhibitors, and More

Friday, June 12 | 2:00pm – 3:00pm

In this webinar, Amy will discuss the wide range of medications used to treat Parkinson's alongside levodopa, such as dopamine agonists like rotigotine and pramipexole, and MAO-B inhibitors like selegiline, rasagiline, and safinamide. Side effects will also be covered.

Medication Management

Friday, June 26 | 2:00pm – 3:00pm

No two people with Parkinson's will experience the same symptoms. As a result, medications need to be specifically adjusted to suit every patient's needs. It is important to understand each of your medications' function, dosing, side effects, drug interactions, and "on" and "off" periods. This webinar covers what to expect from your medications in order to effectively self-manage.

Medications for Insomnia

Friday, July 3 | 2:00pm – 3:00pm

Insomnia is common in Parkinson's, and can be caused by dream-enacting behaviours, restlessness from motor fluctuations, or as a side effect of Parkinson's drugs. This webinar explores different medications that can be used to treat insomnia, including over-the-counter and prescription options. Side effects, as well as non-drug measures, will also be covered.

Ask the Expert Webinar: Driving with Parkinson's

Driving is an important part of daily life for many people. A Parkinson's disease (PD) diagnosis may lead to a number of questions around driving, such as whether people with Parkinson's can continue to drive safely, what a driving evaluation or assessment may look like, and what options for transportation exist for someone who no longer feels safe driving.

On June 8, Kathryn McCall, registered occupational therapist, joins Parkinson Society BC to answer these questions, and more, about driving with PD.

Date: Monday, June 8
Time: 1:00pm – 2:00pm
Cost: Free
Registration: www.parkinson.bc.ca/driving-webinar

UPCOMING FUNDRAISING EVENTS**Champions for Parkinson's**

- IMPACT Parkinson's: Ongoing event proceeds (see events: impactparkinsons.com)
- IMPACT Parkinson's Online Raffle: Ends May 31 (learn more: bit.ly/3aQ5feb)
- Donate a Car Canada: Ongoing (read more: bit.ly/2ORTuJn)
- Naturally Urban Pet Food Delivery Sales: Ongoing (read more: bit.ly/2MLasvX)

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

NEWS & ANNOUNCEMENTS**COVID-19 Resources**

- COVID-19 updates | Stay tuned to this page for news and information about our programs and services during the outbreak: www.parkinson.bc.ca/coronavirus.
- New online support group | Join us every Friday for online sessions at 9:00am – 10:30am, to stay connected and support each other! Register here: bit.ly/covid19-supportgroup.
- Resources for self-managing your Parkinson's during the COVID-19 outbreak | Visit this page for a collection of some of our most valuable helpsheets and presentations: www.parkinson.bc.ca/covidresources.
- Maintaining your mental wellbeing during the coronavirus outbreak | This page features advice and resources to support your self-care and mental wellbeing during the outbreak: www.parkinson.bc.ca/mental-health-covid19.
- Frequently asked questions about COVID-19 | Here, we answer your questions about COVID-19, how to stay safe, and where to find support: www.parkinson.bc.ca/covid19-faq.

- Other organizations' events | See listings of other organizations' online events for people with Parkinson's and their carepartners on our events page at www.parkinson.bc.ca/events.

In-person support group cancellations

Due to the coronavirus outbreak, we have recommended that all support groups move their in-person meeting to either a teleconference or webinar format. Any modifications to meetings will be communicated on www.parkinson.bc.ca/coronavirus.

Retirement communities, recreation centres, and other public spaces may be especially vulnerable at this time. If you have concerns about your support group, reach out to your facilitator or get in contact with the management team at your meeting facility. Contact Jean Blake at jblake@parkinson.bc.ca for further guidance.

Frequently asked questions about our webinars

To help you get the most out of your webinar or online support group experience, check out this new resource on our website, where we answer questions about how the platform we use and how to troubleshoot common issues: www.parkinson.bc.ca/webinarfaq.

Other Organizations' Events

Please note that any listing of third-party event(s) should not be considered an endorsement. Parkinson Society BC cannot be held responsible or liable for any loss or damage suffered as a result of participation in third-party events.

IMPACT Parkinson's:

Online Yoga for Parkinson's

Classes will including grounding and befriending the body, breath work, and yoga movement in standing and seated positions.

Dates: Sundays, May 3, 10, 17, 24, & 31

Time: 11:00am – 12:00pm

Cost: \$37.50 for all 5 classes,
or \$10/per session drop-in

Register: info@impactparkinsons.com

IMPACT Parkinson's:

Online Let's Talk Loud Group Voice Therapy

Learn about communication and swallowing concerns common in Parkinson's disease from Mia Mosters, Lee Silverman Voice Therapy® Certified Speech Language Pathologist, and participate in voice training to help strengthen voice and communication.

Dates: May 6, 8, 13, 15, 20, 22, 27, 29

Time: 1:00pm – 2:00pm

Cost: \$160 for 8 classes

30-min new client assessment \$30

Register: info@impactparkinsons.com

STAY SAFE, STAY HOME: At-Home Exercise for Parkinson's

With gyms shuttered, exercise classes cancelled, and popular walking trails closed, it can be difficult to keep a consistent exercise schedule during this unprecedented time. But staying active is as important as ever, not only for self-managing Parkinson's or caring for someone with the disease, but also for maintaining your mental wellbeing.

As always, please consult your healthcare team before trying a new exercise program. The information provided by Parkinson Society BC is intended to be used for general information only, and should not replace consultation with healthcare professionals. For medical advice, please contact your family doctor, or speak to a nurse at HealthLink BC by dialling 8-1-1. In the event of an emergency, call 9-1-1.

How exercise helps

Exercise has been shown to help people with Parkinson's maintain a higher quality of life by improving symptoms, mobility, strength, and mental wellness, and helping you stay independent for longer. Although it may feel difficult, or even trivial, to focus on exercise during this time, it is especially important to stay active while at home.

Most injuries in older adults happen in the home. Exercise is crucial to ensuring your safety. Keeping active will help you perform activities of daily living with more ease, therefore reducing your risk of injury as a result of tasks such as cooking, bathing, or chores.

Maintaining your fitness as a person with Parkinson's is also an invaluable way to support your loved ones who help you manage the disease. In many cases, carepartners need to be prepared to physically support their loved one by helping them perform activities of daily living, or by helping them to walk, sit, stand, or reposition themselves. Whether you are the one giving or receiving care in any capacity, staying active is an important part of any caring relationship.

Exercise is also a well-known mood enhancer, and a means to maintain and improve both mental and cognitive health. It builds and strengthens neural pathways in the brain, and stimulates the production of chemicals, such as dopamine, oxytocin, serotonin, and endorphins. These chemicals play a role in regulating your mood, and producing feelings of happiness, motivation, gratification, and social connectedness. If you find it difficult to maintain a positive outlook, or self-manage mental health issues like anxiety or depression during the COVID-19 outbreak, regular physical activity can be a useful tool to get you through this difficult time.

Types of exercise

Certain exercises may help you improve specific functions, such as how weight lifting can improve your strength. It is important to incorporate different types of exercise into your routine in order to maximize the benefits to your overall wellbeing.

Strength training can help you better perform almost any household task independently. It can make it easier to lift heavy objects, reposition yourself, safely reach for items on shelves, or open jars and other packaging. Try weight lifting, resistance band workouts, or body-weight

exercises. If using weights, please remember to start slow, and focus on performing more repetitions at a lower weight, rather than pushing yourself to lift an uncomfortably heavy weight.

Stretching and flexibility exercises can reduce soreness and fatigue, and keep you limber, resulting in improved mobility. Be sure to stretch daily, as well as before and after other types of exercise. Yoga is a great, accessible form of exercises for all levels of mobility, which can combine stretching and flexibility with body-weight strength training, as well as balance training. Any form of slow, controlled stretching and flexibility exercise can also be paired with mindfulness practice or meditation for improved mental wellbeing.

Balance training is key to fall prevention. Yoga, tai chi, toe-to-heel walking, or any exercises requiring you to stand on one foot, can greatly reduce fall risk by training your ability to control slow, refined, and stable movements of the body. Balance training can also improve your strength, as it incorporates body-weight exercises in the form of tightening the core to sustain, for example, a leg or arm held in the air.

Aerobic exercise, especially endurance training, can significantly help your overall wellbeing, strengthen your breathing, build energy, and improve cognitive functioning. Aerobic exercise can take many forms, depending on your level of mobility, endurance, or strength. This can include activities like walking, running, swimming, bicycling, hiking, stair climbing, dancing, or Pilates. Any form of cardiovascular conditioning is helpful – any activity that raises your heart rate can be used as exercise.

Tips for keeping a consistent routine

The best form of exercise is anything you enjoy doing. Physical activity does not need to be overly strenuous, challenging, or fast-paced in order to improve your wellbeing. The best way to build a consistent and effective routine is by finding activities that you have fun, or feel motivated doing.

If you have an exercise regimen that has been prescribed to you as a part of your Parkinson's care, there are also things you can do to make these exercises more fun and exciting:

- If you can, take your exercise outdoors. Studies have shown that outdoor activity can help boost your energy and mood.
- Listen to music while exercising. You can boost your mood with music you enjoy, and if the rhythm is right, music can help you maintain a good and steady pace. If you experience freezing of gait, this can be especially helpful in reducing freezing when walking.
- Exercise with a partner. Being with others can motivate you to keep going.

At-Home Exercise Programs

To support our community in maintaining regular exercise during this time, Parkinson Society BC is providing new online exercise programs and classes for all fitness levels and abilities. All of our current offerings are listed on pages 1-3 of this GroupLink issue. To learn more and register for any of our programs, please visit www.parkinson.bc.ca/events. You can also see

recordings of past exercise classes, webinars, and in-person exercise sessions on our YouTube channel at www.youtube.com/user/ParkinsonSocietyBC.

Non-profit organizations across Canada are offering similar programs during this time. Here are a few of their free or low-cost exercise programs that may interest you:

- Rock Steady Boxing is a nonprofit that improves the quality of life for people with Parkinson's through a non-contact boxing based fitness. They are publishing workouts online at www.youtube.com/user/krfollmar.
- Dance for PD has an archive of video dance classes and are hosting live video dance classes through their website: www.danceforparkinsons.org/resources/dance-at-home.
- Parkinson Society Newfoundland & Labrador is offering weekly online dance classes. To join, send a request to their Facebook group: bit.ly/2xkzrjL. They also offer an exercise group on Facebook here: bit.ly/35ldEVU.
- Kate Landreth, Education & Learning Lead at Family Caregivers of BC, offers a mindfulness practice and seated yoga movement practice: bit.ly/3aJzpzC.
- Northwest Parkinson's Foundation is offering free online yoga classes aimed to build strength, flexibility, and balance: bit.ly/35hnCY9.

Please note that any listing of other organizations' exercise programs should not be considered an endorsement. Parkinson Society BC cannot be held responsible or liable for any loss or damage suffered as a result of participation in third-party events.

Parkinson Society BC's COVID-19 resources

Parkinson Society BC is committed to serving our community during the COVID-19 outbreak. Although many of our in-person education events have been cancelled or postponed, we will continue to provide support through online webinars and resources. To stay up-to-date on the latest resources and Parkinson's-specific information about COVID-19, be sure to sign up for our mailing list by emailing us at info@parkinson.bc.ca.

Coronavirus precautions & updates on our services | www.parkinson.bc.ca/coronavirus

Online webinars, exercise classes, & support groups | www.parkinson.bc.ca/events

Additional resources

Examining Exercise in Parkinson's Disease | Webinar | youtu.be/h1C8_l8tPjI

Exercises for People with Parkinson's Disease | Helpsheet | bit.ly/PDPhysicalActivity