
SPECIAL NOTICE

In response to the global outbreak of COVID-19, Parkinson Society BC staff are working remotely until further notice. We will continue to offer programs and services in alternate formats. 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.

UPCOMING EVENTS

- **Holiday Social & Caroling** | Thursday, December 10
Learn more & register: www.parkinson.bc.ca/holiday-social
 - **SongShine with Joani** | Thursdays, January 7, 14, 21, 28, February 4, & 11
Learn more & register: www.parkinson.bc.ca/jan-songshine
 - **Hand & Dexterity Exercise Series** | Thursdays, January 14, 21, 28, February 4, 11, & 18
Learn more & register: www.parkinson.bc.ca/dexterity-series
 - **New Diagnosis Workshop Series** | Tuesday, February 16, & Wednesdays, February 17 & 24
Learn more & register: www.parkinson.bc.ca/new-dx-workshop
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UPCOMING FUNDRAISING EVENTS

Champions for Parkinson's

- Donate a Car Canada: Ongoing (read more: <http://bit.ly/2ORTuJn>)
- Naturally Urban Pet Food Delivery Sales: Ongoing (read more: <http://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.

TIP JAR

The Tip Jar is where we share advice from support group members across the province. This month, the Langley Young at Heart support group shares their exercise tips!

- If you are heading outdoors for exercise, consider using an app like [Strava](#) or [RunKeeper](#) to record your movement. These apps can track activities like walking, running, hiking, and cycling, and log your activity details like heartrate, speed, and distance. They are available for download on the App Store or Google Play.
- The [BAL-A-VIS-X program](#) includes a series of balance, auditory, and visual exercises done with bean bags and racquetballs while standing on a balance board. Created to help children focus in school, the program trains your ability to multitask, which can often be an area of difficulty for people with Parkinson's. To learn more, visit www.bal-a-vis-x.com/about.html.

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 Jovana Vranic, Marketing & Communications Senior Coordinator, at jvranic@parkinson.bc.ca.

NEWS & ANNOUNCEMENTS

COVID-19 Safety

The provincial government has recently announced new safety measures to slow the spread of COVID-19. Please note some of the measures below:

- All in-person events, community-based social gatherings, and indoor group fitness activities are suspended until December 7th. No social meetings with anyone outside of your immediate household. Weddings, funerals, and baptisms are allowed under 10 people.
- Activities not considered a social gathering include going for a walk, parents carpooling children, grandparents providing child care, or receiving essential services in your home.
- Masks are mandatory in all indoor public spaces including retail environments, restaurants, and workplaces, except while eating or drinking, unless you have a physical or cognitive impairment which prevents you from wearing a mask. You may be subject to a \$230 fine if you refuse to wear a mask in public or comply with the direction of an enforcement officer.
- At this time, all non-essential travel should also be avoided. This includes travel into and out of B.C. and between regions of the province.

It is important to keep an eye on the news as more safety guidelines can be expected ahead of the holidays. Stay informed and stay safe this winter.

COVID-19 Disability Benefit

This summer, the Government of Canada announced a one-time, non-taxable \$600 payment to offset some of the financial stress people with disabilities may have experienced during the pandemic. The deadline to apply for the Disability Tax Credit to receive this one-time payment has been extended from September 25 to December 31, 2020. Learn more online at www.parkinson.bc.ca/covid-benefit.

The netCle Project

The netCle project, organized by the Tetra Society of North America, is working to bring to market an affordable and customizable device that provides computer access to users facing mobility limitations. The netCle is in its second phase, and recruiting individuals to test their assistive device. Learn more and apply to receive your free netCle here: <https://www.tetrasociety.org/solutions/netcle.php>.

EPDA Drooling Survey

The European Parkinson's Disease Association (EPDA) is conducting a short survey that focuses on the often-overlooked symptom of drooling (excessive or uncontrolled saliva beyond the margin of the lip). Research shows that this symptom affects 75-80% of people with Parkinson's. The survey is available at www.surveymonkey.com/r/EPDA_sial_EN.

Holiday Closure

Parkinson Society British Columbia will be closed for the holidays from noon on Thursday, December 24th. During this time, our receptionist will not be available to direct calls. All inquiries will be managed when we re-open at 8:30am on Monday, January 4th. Happy holidays, and we look forward to serving you in 2021!

Renew your Membership for 2021!

It's that time of year again! Renew your membership, or become a member of Parkinson Society British Columbia and continue to be part of our friendly, caring, and supportive community. For just \$25, you can sign up to get an annual membership for you and your household, valid until December 31, 2021. Learn more about becoming a member today at www.parkinson.bc.ca/membership.

Do you have questions about membership? Please contact Susan Atkinson, *Donor & Member Services Coordinator*, at satkinson@parkinson.bc.ca.

Exercise Resources

As the weather cools down, it's important to stay active while spending more time indoors. Parkinson Society BC has a number of online classes and video recordings to support you in exercising from home during COVID-19. Please see some of these resources below.

- Move with Shelly [[view playlist](#)]
- Rock Steady Boxing with Allie Saks [[view playlist](#)]
- Pilates with Shelly - Level 1 (Seated/Modified) [[view playlist](#)]
- Pilates with Shelly - Level 2 (Standing) [[view playlist](#)]
- Exercising with Poles [[view playlist](#)]
- Hand & Dexterity Exercises [[view playlist](#)]
- Stretch and Strengthen - Low impact exercise [[view playlist](#)]
- Balance Exercise Class [[view playlist](#)]
- Thawing Out: Exercises for Freezing [[view playlist](#)]
- 10 Day Exercise Challenge for PD [[view playlist](#)]

Parkinson SuperWalk

Thank you to everyone for your enthusiastic participation in, and generous donations to, the 30th annual Parkinson SuperWalk. This year, your incredible support has helped to raise \$302,942 and counting. These funds will allow the Society to expand its reach, providing advocacy, programming, support services, and contributions to research for the 13,000 British Columbians living with Parkinson's, and their carepartners and families.

If you couldn't join us this year, it's not too late to help us make a difference. Donations for this year's SuperWalk will be accepted through December 31st, 2020! bit.ly/superwalk-donations

DISCUSSION TOPIC: Self-Reflection & Goal Setting for the New Year**Discussion Questions**

1. What goals are you most proud of accomplishing over the past year?
2. What are some new goals you hope to achieve in the future?
3. How do you create new healthy habits in your life?

With the New Year fast approaching, now is a good time to look back, self-reflect, and proactively choose a new path forward. For many, 2020 has been a difficult year due to heightened stress and anxiety caused by the COVID-19 pandemic. For people with Parkinson's disease (PD), there may have been new challenges in accessing necessary medical support and resources to manage the symptoms of PD. During these difficult and uncertain times, it is important to be kind and gentle with yourself, and to simply do the best you can. While it may seem trivial to think about achievements and goals amidst the pandemic, considering these things can help people with PD and their carepartners assess current challenges, identify areas of joy and strength, and move forward positively.

Goal Setting

The New Year can be an opportunity for a fresh start, but before moving forward, take a moment to look back and celebrate your victories and triumphs – even the small ones! This may help you to focus on the positives in your life and approach new and ongoing obstacles with gratitude and courage. Going forward, setting new goals can offer direction and purpose despite confusing times. Remember that while working towards these new goals, there is no need to aim for perfection – failure can help make you more resilient and determined.

One way to develop effective goals is to set SMART goals. SMART is an acronym that can be used to help guide goal setting. The first known use of the term was in 1981 by George T. Doran, and since then it has been used to help individuals ensure their goals are clear and attainable (Haughey, 2014). The SMART system encourages people to organize their energy and resources to increase the chances of getting what they want.

S – Specific | Goals should be clear and precise, including who, what, when, where, and why.

Example: "I will go on a walk to the park with my friend three times this week to ensure I stay active and healthy."

M – Measurable | The ability to track goals will help you stay on-track and disciplined.

Example: "I will increase my weight-lifting by two pounds."

A – Achievable | Goals should be realistic and attainable, while pushing your abilities.

Example: "I will learn how to use a new program on the computer."

R – Relevant | Ensure your goals are aligned with where you are in life, and with other goals.

Example: "I will eat the recommended daily serving of vegetables to support my health."

T – Timely | Establish a target completion date, and set time aside to work on goals.

Example: "I will walk three times a week, and be able to walk 5km at a steady pace by the end of the month."

These five elements are not set in stone, and can be adapted to meet your specific needs; however, following these general principals can help avoid vague or unrealistic goal setting and instead lead to a focused path forward.

Motivation and Discipline

New habits take time, motivation, and discipline – it takes an average of 66 days to make a habit automatic in your life (Willner, 2020). When discussing habit-making and goals, it is important to distinguish between the concepts of ‘motivation’ and ‘discipline’. Often, motivation is thought to be the main source of changing a behaviour or achieving a goal. However, this is a common misconception – in reality, motivation often represents the greater purpose of a goal, while discipline leads you to actually implement the change (Willner, 2020).

There are two types of motivation: extrinsic and intrinsic. Extrinsic motivation is engaging in an activity simply to obtain a reward, while intrinsic motivation is a personal interest in the process as well as the reward. Thus, while extrinsic motivation may inspire an initial change, intrinsic motivation and discipline is what will keep you going in the long run.

Creating Good Habits & A Positive Mindset

Good habits and a positive mindset can help you work towards your goals while benefiting your overall mental and emotional health. Consider the following practical tips to help you combine motivation and discipline to start building healthy habits in your life (Therapist Aid, 2020):

- Start with small changes – something is better than nothing, and little incremental changes will begin to add up (for example, walking one block further each day).
- Make sure the environment around you matches your new habits (for example, don't buy unhealthy snacks while trying to improve your diet).
- Try linking new habits to activities that are already part of your daily life (for example, stretching for 10 minutes before going to bed).
- Find an accountability buddy – sharing your new habit with someone you trust may help you stay on track and feel supported while making the change.

An easy way to track your progress is by using a journal or calendar. Written or visual representation of your progress will show how far you have come and help keep you motivated. Don't forget to celebrate your successes and milestones! Keeping track of things that bring you pride, gratitude, and joy will make it easier to practice self-compassion and help refocus your attention on the good things in life. Remember to always be kind to yourself, and don't hesitate to ask for help when you need it.

Additional Resources

Goal Exploration | Worksheet | bit.ly/goalexploration

SMART Goals | Graphic | bit.ly/smartgoalsgraphic

Living with Purpose and Resilience | Presentation | bit.ly/purposeresilience

Managing Holiday Season Stress | Viewpoints Article | bit.ly/seasonalstress

Sources

Haughey, D. (2014). *A Brief History of SMART Goals*. Retrieved from <https://bit.ly/2IR4Sbe>

Therapist Aid. (2020). *Building New Habits: Tips Sheet*. Retrieved from <https://bit.ly/330e8Au>

Willner, T. (2020). *Motivation vs Discipline*. Retrieved from <https://bit.ly/38ZiTOE>