

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

- **Balance & Falls Prevention Exercise Class** | Tuesdays, June 8 – July 27
Learn more & register: www.parkinson.bc.ca/balance-exercise
 - **June Symposium Series** | Wednesday, June 9, Monday, June 14, & Friday, June 25
Learn more & register: www.parkinson.bc.ca/june-symposium
 - **Parkinson's Medication Q&A** | Friday, June 11
Learn more & register: www.parkinson.bc.ca/medication-webinar
 - **Debriefing the Caregiver Role** | Thursday, June 17
Learn more & register: www.parkinson.bc.ca/dtcr-webinar
 - **Improv for Parkinson's** | Wednesdays, July 14 – August 25
Learn more & register: www.parkinson.bc.ca/improv
 - **Laughter Yoga** | Thursday, July 15
Learn more & register: www.parkinson.bc.ca/laughter-yoga
 - **SongShine with Joani** | Wednesdays, July 21 – August 25
Learn more & register: www.parkinson.bc.ca/songshine-with-joani
 - **Stretch & Strengthen: Low Impact Exercise Series** | Thursdays, August 5 – 26
Learn more & register: www.parkinson.bc.ca/stretch-strengthen
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UPCOMING FUNDRAISING EVENTS

Champions for Parkinson's

- Donate a Car Canada: Ongoing (read more: <http://bit.ly/2ORTuJn>)

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 Parkinson's community members. This month, we share advice on dressing easier.

- Stiffness and tremors can make tasks with precise movements, such as tying shoelaces, difficult and frustrating. Instead, consider trying no-tie, elastic shoelaces, such as from the brand, Xpand. These shoelaces eliminate the need for tying your shoes – they have a secure fit, adjustable tension, and trimmable lengths to ensure the best fit for your shoes. Learn more at www.xpandlaces.com.

Do you have any tips or tricks that you would like to share with the PD community? These can be tips from something that works well, to eating and dressing, to getting out of bed or travelling! All tips and tricks are welcome! Please share your ideas at info@parkinson.bc.ca.

NEWS & ANNOUNCEMENTS

COVID-19 vaccination

Throughout 2021, COVID-19 vaccines will be made available to all Canadians. The Government of Canada has announced a phased approach to immunization, and high-risk communities have begun receiving vaccinations to protect those who are most likely to develop complications from the virus. Read Parkinson Society BC's COVID-19 Vaccination Statement for more information about the vaccine – including how it works, how it will be distributed, and considerations for people with Parkinson's – at www.parkinson.bc.ca/covid-vaccine.

Virtual gardening group

It's that time of year again... sunshine and gardening! If you are interested in sharing gardening projects and tips with others in a virtual gardening meet-up group, please contact Alana Dhillon, Education & Support Services Coordinator, at adhillon@parkinson.bc.ca for more information.

DISCUSSION TOPIC: Summertime health and wellness tips**Discussion Questions**

1. What are your favourite types of outdoor exercise?
2. How have you stayed positive and motivated during the COVID-19 pandemic?
3. What local outdoor activities or attractions would you recommend trying?

The COVID-19 pandemic has affected many areas of life, including the types of activities we engage in and how we connect with other people. After many months of public health orders, staying at home, and social distancing, many individuals are feeling 'COVID fatigue' – a sense of burn out and apathy towards the ongoing pandemic (Lear, 2020).

In Canada, the vaccination rollout plan has offered hope and the possibility of a return to normal; however, it is important to continue to follow provincial health guidelines and safety measures such as mask-wearing and social-distancing.

During this time, staying active and socially connected is as important as ever. With summer and warmer weather just around the corner, there are many opportunities to stay safe while trying new activities, and enjoying the outdoors with friends and family.

Outdoor exercise

Exercise is a well-known mood enhancer. Physical activity is a great way to stimulate the production of happy hormones like serotonin, dopamine, oxytocin, and endorphins. Regular exercise can help keep you stay positive and upbeat. For people with Parkinson's disease (PD), exercise is an especially important way to manage both motor and non-motor symptoms. There is no 'correct' type of exercise for people with PD – the most important thing is that you find something safe, accessible, and enjoyable that you can do regularly.

This summer, try taking your exercise outdoors. Studies have shown that outdoor activity can help boost energy and motivation. Inviting a partner out to exercise not only makes it more social and fun but can also help keep you on track towards reaching your exercise goals. Here are some suggestions to mix up your exercise routine:

- Walking, hiking, or jogging (or marching with swinging arms)
- Racket sports, such as badminton, table tennis, or squash
- Yoga or Tai Chi
- Biking
- Outdoor dance or aerobic classes
- Swimming (various strokes)

Close to home activities

Around this time of year, many individuals are usually gearing up for vacations. However, with the current travel guidelines in place, BC residents have been encouraged to stay within their communities to help stop the spread of COVID-19. Here are a few suggestions on how to enjoy your local community, and the company of your loved ones, while staying safe this summer:

- Visit a local park and have a picnic with your household. This is a great way to spend an afternoon outside and enjoy local green spaces.
- Look for local parks that have a disc golf course. This activity is free to play, can be done at your own pace, and is socially-distanced – just bring your own frisbee! Also, be sure to wear proper footwear and watch your step, as some courses may have uneven terrain.
- Visit the beach. As the weather warms up, you may even want to go for a swim, or bring a camp barbecue to enjoy a meal with your loved ones. If you want to spend the day out, ensure you plan ahead and bring all necessary supplies, like medications (including extra doses), water, proper clothing, and sunscreen.
- Explore local nature walks and trails. Many communities across BC have lush, beautiful, forested areas to explore. Ensure you wear proper footwear, and use walking aids if necessary (such as walking poles) as the terrain may be uneven in natural areas.
- If you prefer to stay close to home, consider planning a ‘restaurant night’ with a loved one. You may want to order takeout from a local restaurant or try cooking something new together. To make it even more fun, consider dressing up in fancy attire!
- If you are not yet comfortable meeting with loved ones in person, you can use video-calling platforms like Zoom to host events and parties. Try a Zoom dinner party or cooking party, where you select a recipe ahead of time and cook together. Or, set up a virtual trivia/games night that the whole family can play!

For information on provincial health orders and travel restrictions, visit <https://bit.ly/COVIDinBC>.

Additional Resources

Exercise and Parkinson’s | Video | <http://bit.ly/pdexercises>

Move with Shelly | Video Series | <http://bit.ly/movewithshelly>

Parkinson’s Medication | Helpsheet | <http://bit.ly/pdmedication>

Sources

Lear, S. (2020). *COVID fatigue*. Heart and Stroke Foundation of Canada. <https://bit.ly/34ZgyQD>