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## **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](http://www.parkinson.bc.ca/coronavirus). If you have any questions, please contact us at [info@parkinson.bc.ca](mailto:info@parkinson.bc.ca).

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## **UPCOMING EVENTS**

- **Dancing with Latin Rhythms** | Thursdays, September 2 – 30  
Learn more & register: [www.bit.ly/dancinglatinpd](http://www.bit.ly/dancinglatinpd)
- **September Challenger** | Tuesdays, September 7 – 28  
Learn more & register: [www.bit.ly/septchallenger](http://www.bit.ly/septchallenger)
- **September Symposium Series**
  - Cognitive Decline** | Wednesday, September 8  
Learn more & register: [www.bit.ly/symposiumcogdecline](http://www.bit.ly/symposiumcogdecline)
  - Daily Living with Cognitive Decline** | Wednesday, September 15  
Learn more & register: [www.bit.ly/symposiumcogimpact](http://www.bit.ly/symposiumcogimpact)
  - Language Impairment** | Monday, September 20  
Learn more & register: <https://bit.ly/symposiumlangimpairment>
- **Drumming for Parkinson's**
  - September & October** | Wednesdays, September 8 – October 13  
Learn more & register: [www.bit.ly/drummingforpdsept](http://www.bit.ly/drummingforpdsept)
  - October & November** | Wednesdays, October 20 – November 24  
Learn more & register: [www.bit.ly/drummingforpdoct](http://www.bit.ly/drummingforpdoct)
- **Healthcare Professional Stream: Digital Health & Parkinson's** | Saturdays, September 18 & 25  
Learn more & register: [www.bit.ly/digitalhealthpd](http://www.bit.ly/digitalhealthpd)
- **Advanced Therapies Panel Series**
  - Deep Brain Stimulation** | Thursday, September 23  
Learn more & register: [www.bit.ly/advancedtherapiesdbs](http://www.bit.ly/advancedtherapiesdbs)
  - Duodopa<sup>®</sup>** | Friday, September 24  
Learn more & register: [www.bit.ly/advancedtherapiesduodopa](http://www.bit.ly/advancedtherapiesduodopa)
  - Apomorphine** | Thursday, September 30

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Learn more & register: [www.bit.ly/advancedtherapiesapomorphine](http://www.bit.ly/advancedtherapiesapomorphine)

- **Hand & Dexterity Exercise Series** | Thursdays, October 7 – November 11

Learn more & register: [www.bit.ly/handdexteritypd](http://www.bit.ly/handdexteritypd)

- **Improv for Parkinson's** | Wednesdays, October 6 – November 10

Learn more & register: [www.parkinson.bc.ca/improv](http://www.parkinson.bc.ca/improv)

- **Moving Forward, Together Provincial Conference** | Saturday, October 16

Learn more & register: [www.parkinson.bc.ca/movingforward](http://www.parkinson.bc.ca/movingforward)

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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](mailto: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.

- To make it easier to get out of bed, tie a sheet to the bed post and knot the other end so you can grasp the sheet to rise to a sitting position on the edge of your bed.

*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](mailto:info@parkinson.bc.ca).*

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### NEWS & ANNOUNCEMENTS

#### Parkinson SuperWalk

Mark your calendars - Parkinson SuperWalk is taking place this month! We are bringing you an engaging virtual SuperWalk experience again this year! Make sure you tune in for our opening ceremonies livestream on Saturday, September 11 at 10:00am, hosted by Larry Gifford of the hit podcast, *When Life Gives You Parkinson's*. Afterwards, gather your loved ones for a physically-distanced walk in support of the Parkinson's community in British Columbia. Funds raised through SuperWalk help Parkinson Society BC carry on providing the programs, support

services, and educational resources that people with Parkinson’s, their families, and carepartners rely on. If you can’t join us at SuperWalk, please consider making a general donation – every dollar counts. Register or donate at [www.parkinson.bc.ca/superwalk](http://www.parkinson.bc.ca/superwalk).

### ***New virtual physiotherapy service***

Parkinson Society British Columbia (PSBC) is proud to announce the launch of a new virtual physiotherapy service on Monday, September 13. PSBC recognizes the important role physiotherapists, especially those trained in treating movement disorders and neurodegenerative diseases, play in the care of people with Parkinson’s disease (PD). Sadly, many people with PD face financial and/or geographic barriers in accessing these services. To increase access to Parkinson’s-specific treatment, PSBC’s very own neuro physiotherapist, Shelly Yu, will be providing virtual physiotherapy sessions, free of charge. To learn more, please visit [www.parkinson.bc.ca/physio](http://www.parkinson.bc.ca/physio).

### ***Moving Forward, Together***

Parkinson Society BC invites you to join us for an exciting opportunity to learn about recent scientific breakthroughs and disease management techniques. Featuring presentations from prominent Parkinson's specialists and researchers across North America, this year's Moving Forward, Together will be a fully virtual experience. The half-day event will offer three 45 minute plenary talks, with opportunities for participants to ask their questions of our expert speakers. Just like our in-person event, we will also offer guided exercise breaks. Sessions include:

- ***Focused Ultrasound Surgery & the Future of Treatment*** | Drs. Suneil & Lorraine Kalia
- ***Sleep Issues and Disorders*** | Dr. Gary Leo
- ***Nutrition and the Microbiome*** | Dr. Silke Appel Cresswell

**Date:** Saturday, October 16

**Time:** 9:00am – 12:30pm PT

**Agenda:** [www.parkinson.bc.ca/mft-agenda](http://www.parkinson.bc.ca/mft-agenda)

<b>Fees:</b>	<b><i>Early Bird (until September 15)</i></b>	<b><i>Late Riser (after September 15)</i></b>
	Member (Individual/Pair): \$15	Member (Individual/Pair): \$25
	Non-member (Individual/Pair): \$20	Non-member (Individual/Pair): \$35

### ***Above and Beyond volunteer recognition awards***

Parkinson Society BC recognizes people with PD and their caregivers who have gone above and beyond with others in their communities, and who demonstrate a passion to celebrate each day with

joy, compassion and understanding. We have been very fortunate to meet and work together with these individuals, but know that there are many more inspiring stories. PSBC would like to highlight these dedicated individuals at our upcoming virtual Annual General Meeting on November 20. Please nominate someone from your community today at [www.parkinson.bc.ca/aboveandbeyond](http://www.parkinson.bc.ca/aboveandbeyond).

Nominations are being accepted until Friday, October 22.

### **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](http://www.parkinson.bc.ca/covid-vaccine).

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### **DISCUSSION TOPIC: Returning to a new normal**

#### **Discussion Questions**

1. What is something you are looking forward to about life post-COVID-19?
2. Is there anything that is making you nervous about returning back to your normal routine?
3. What strategies do you use to de-stress and reduce anxiety?

This Spring, BC began a phased approach to safely getting back to normal life. As COVID-19 restrictions continue to slowly change and roll back in BC, many feel excited and eager. However, you may also feel anxious or apprehensive about a return to normal – if so, you are not alone.

Here are some ways to navigate feelings of anxiety as BC re-engages (Antony & Whittal, 2020):

- **Knowledge is power** – Stay informed on government recommendations and continue to follow public health orders still in effect. Researching COVID-19 and the vaccines from trusted sources may also help demystify the virus, and help you feel more at ease.
- **Place trust in experts** – Though safety can never be guaranteed, remember that new guidelines and reopening plans have been carefully thought through by government and health officials. Consider relying and acting on trust rather than your own anxiety.
- **Limit media & news consumption** – Too much social media and news consumption can increase your anxieties around COVID-19. Seek updates on important information from credible sources, and otherwise reduce the time you spend consuming media.

- **Start small** – Avoid feeling overwhelmed by starting with situations you know you will be able to handle and working your way up from there. Ease back into normal life at your own comfort level, challenging yourself when you feel ready.
- **Plan ahead** – Keep in mind you can call places ahead of time to inquire what COVID-19 safety measures they have in place. This allows you to know whether you will be comfortable there and adapt accordingly.
- **Avoid unproductive worry** – Focusing on uncontrollable outcomes and ‘what-ifs’ fuels anxiety. Instead, ask yourself if there is anything you can do about your concern right now, and take appropriate action if so.
- **Reflect on reality** – Try to avoid ruminating on potential worst-case scenarios, and instead take everything you do step by step. After you finish doing something that made you anxious, compare what actually happened to what you feared could happen.
- **Remember why** – If re-engaging makes you anxious, consider all of the positive benefits that will result from a return to normal. You may reflect on positive memories that will be made, personal goals you will achieve, or finding new connections.
- **Be patient and celebrate successes** – Facing a fear is difficult work, so be kind to yourself and focus on your positive efforts. If you were not successful at something, count it as a learning experience and try again!
- **Lean on loved ones** – You are not alone – many others may be sharing similar concerns. Reach out to trusted friends and family to share your fears, and overcome them together.

### **Additional Resources**

Mental Health and Parkinson’s Disease | Helpsheet | <https://bit.ly/mentalhealthpd>

Depression & Anxiety | Helpsheet | <http://bit.ly/pddepressionanxiety>

Stress Management | Article | <https://bit.ly/stressmanagementpd>

Smart Goals | Mind Tools | Article | <https://bit.ly/smartmindtools>

### **Sources**

Antony, M., & Whittal, M. (2020). *Returning to a New Normal: 12 Tips for Handling Uncertainty*.

Anxiety Canada. <https://bit.ly/3mS9L5r>