

**SPECIAL NOTICE**

In response to COVID-19, Parkinson Society BC continues to offer programs and services online and over the phone. If you have any questions, please contact us at [info@parkinson.bc.ca](mailto:info@parkinson.bc.ca). For our support group facilitators' indoor meeting agreement, [please click here](#).

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**UPCOMING EVENTS**

***Drumming for Parkinson's*** | Wednesdays, September 8 – October 13 & October 20 – November 24

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

***SongShine with Joani*** | Thursdays, September 23 – October 28 & November 4 – December 16

Learn more & register: [www.parkinson.bc.ca/songshine-with-joani](http://www.parkinson.bc.ca/songshine-with-joani)

***Advanced Therapies Panel Series***

***Deep Brain Stimulation*** | Friday, October 1

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

***Apomorphine*** | Monday, October 4

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

***Tai Chi for Beginners*** | Mondays, October 4 – November 29

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

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

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

***Hand & Dexterity Exercise Series*** | Thursdays, October 7 – November 4

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

***Dancing with Latin Rhythms*** | Thursday, October 7

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

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

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

***Global Symposium Series***

***Environmental Pollutants and Parkinson's*** | Wednesday, November 3

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

***Pioneering Parkinson's Research*** | Wednesday, November 10

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

***Dystonia and Pain Management in Parkinson's*** | Wednesday, November 24

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

**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.

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**TIP JAR**

The Tip Jar is where we share advice from Parkinson's community members. This month, we share advice on how carepartners can express gratitude toward the person with Parkinson's in their life by creating a unique and meaningful gift.

- Create a scrapbook all about the person with Parkinson's in your life! It can be filled with pictures, letters, support contact phone numbers, and lists of their likes/dislikes. You can also fill it with examples of what the person has accomplished in their life, as well as the things you love about them. As symptoms advance, this "All About Me" book can be used as a way for caregivers, healthcare staff, and others to quickly learn about them. Plus, it's a great way to help your loved one reflect on who they are beyond their PD!

*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 donations***

Thank you to everyone who participated in this year's Parkinson SuperWalk! If you missed our livestreamed Opening Ceremonies on September 11, you can still watch them on our YouTube channel at <https://bit.ly/sw2021ceremonies>! Hosted by Larry Gifford, this year's festivities included interviews with members of the Parkinson's community, and an exercise session with the Society's own neuro physiotherapist, Shelly Yu. Please note that donations are accepted until December 31! It's not too late to make a difference. Please donate at [www.parkinson.bc.ca/superwalk](http://www.parkinson.bc.ca/superwalk).

***Moving Forward, Together provincial conference***

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.

- ***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

**Fees:** Member: \$25 | Non-member: \$35

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

**Registration:** [www.parkinson.bc.ca/mft](http://www.parkinson.bc.ca/mft)

***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. We 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 will be accepted until Friday, October 22.

***2020 Annual General Meeting***

We welcome all members of Parkinson Society British Columbia to join us for our 2020 Annual General Meeting (AGM) this fall. Following the meeting, Dr. Andrew Howard will be joining us for a special presentation on the assessment and management of problematic anxiety in people with Parkinson's disease. In light of the COVID-19 outbreak, this year's AGM will be hosted virtually. Stay tuned to our website at [www.parkinson.bc.ca](http://www.parkinson.bc.ca) for more details.

**Date:** Saturday, November 20

**Time:** 9:30am – 11:30am PT (Date & time subject to change.)

**Cost:** Free for members. *Non-members interested in attending must sign up to be a member of Parkinson Society BC, and pay the \$25 annual membership fee.*

**Registration:** *Coming soon. Please note, the AGM is a members-only event.*

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*DISCUSSION TOPIC: The power of gratitude and mindfulness**Discussion Questions*

1. What are some ways you practice mindfulness on a daily basis?
2. What are you grateful for?
3. How would your life and relationships change if you paid more attention to the things that inspire feelings of gratitude within you?

In recent years, positive psychology – the study of positive emotions and experiences – has been receiving growing attention as people become more interested in how to increase their happiness and live better. The concepts of mindfulness and gratitude have been of particular interest, fueled by emerging scientific research into their benefits. We have all heard that “we are what we eat,” but the growing evidence also suggests, “we are what we think.”

*Mindfulness*

Mindfulness is an ancient practice that dates back over 2,500 years (Fisher, 2016). It emphasizes living in the present moment, with conscious and deliberate attention to what is happening here and now, without dwelling on the past or planning the future (Fisher, 2016). It may also be seen as a process of self-regulation, where we observe our thoughts with a sense of curiosity, acceptance, and nonjudgement (Dissanayaka et al., 2016). Recent scientific research into this simple yet effective practice has also shown many health and psychological benefits (Fisher, 2016).

A Harvard study found that our minds wander from what we are presently doing approximately 47% of the time, and in most cases, this causes unhappiness (Killingsworth & Gilbert, 2010). Mindfulness helps us to slow down and enjoy the present moment without missing too much of life on “autopilot” (Fisher, 2016). It has also been shown to substantially reduce depression and anxiety, as well as stress (Schreiner & Malcolm, 2008). For adults experiencing stressful life events, its stress-reducing effects have also been found to be significant (Duprey et al., 2018).

Additionally, mindfulness has shown promise in benefiting people with Parkinson’s disease (PD). In one study, participants received an eight-week mindfulness based intervention (Pickut et al., 2013). Afterwards, their brains were scanned using MRI; the results showed increased gray matter density in the neural networks (Pickut et al., 2013). Gray matter in the brain plays a

key role in motor function, and as a result, increased density is thought to be beneficial to those with PD.

Another study found that mindfulness not only reduced anxiety and depression in patients with Parkinson's, but also improved cognitive and motor function, with some participants reporting benefits such as tremor reduction (Dissanayaka et al., 2016).

### *Gratitude*

Daily expressions or thoughts of gratitude are correlated with a boost to psychological and social wellness (Layous, 2020). Research suggests that people who take the time to experience gratitude have higher quality sleep, exercise more, and are more willing to ask for help when they have health concerns (Layous, 2020).

Gratitude may also produce more optimism about life, which can be beneficial to people with Parkinson's. One study found that patients' disease severity was lessened the day after they experienced increased levels of optimism (Shifren, 1996). They also found that higher levels of optimism were correlated with needing less assistance for basic functions (Shifren, 1996).

### *Incorporating mindfulness & gratitude in our daily lives*

Mindfulness and gratitude are interconnected because truly experiencing life allows us to better appreciate it. When our minds wander away from the present moment, we may become lost in a world of thought, often missing what is right in front of us. The following simple exercises to may help you cultivate a sense of gratitude and mindfulness (Lebow, 2021):

- ***Gratitude alarm*** – set an alarm for certain times of the day. When it goes off, tune into your body by focusing on the breath, then think of several things for which you are grateful.
- ***Mindfulness meditation*** – choose a predetermined number of minutes you would like to meditate for, and simply sit while focusing on the breath. It may help to count breaths. If your attention wanders away from the breath, gently bring it back without judgement.
- ***Gratitude jar*** – write down things for which you are grateful on slips of paper, then place them into a jar. Read the notes whenever needed as a reminder of the good in your life.
- ***Gratitude ritual*** – incorporate gratitude with your loved ones by having a daily conversation about what each of you is grateful for, perhaps during mealtimes.

- **Informal mindfulness** – practice paying attention to daily tasks, such as eating a meal, taking a walk, or having a shower (Fisher, 2016). These mundane tasks are an opportunity to refocus your attention on the present and appreciate the smaller moments in life.

You may also find journaling an effective way to increase feelings of gratitude. Try using some of the following journaling prompts (Therapist Aid, 2017):

- “The best part about today was...”
- “Three good things that happened today were...”
- “Today I smiled when...”
- “Something I can be proud of is...”
- “A reason to look forward to the future is...”
- “Something about today I’ll always want to remember is...”

### **Additional Resources**

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

Coping Skills | Worksheet | Therapist Aid | <http://bit.ly/copingskillsdepression>

Mindful Moments | YouTube Video | <https://www.youtube.com/watch?v=5cwi1ZzPQjM>

### **Sources**

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