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## 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

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

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

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

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

**Drumming for Parkinson's** | Wednesdays, October 20 – November 24

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

**SongShine with Joani** | Thursdays, November 4 – December 16

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

**Dance the Holidays** | Thursdays, November 18 – December 16

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

### 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)

### Annual General Meeting

We welcome all members of Parkinson Society BC 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.

Dr. Howard is currently a Clinical Associate Professor in the Department of Psychiatry at the University of British Columbia, and a consultant neuropsychiatrist and clinical researcher working with movement disorder patients. His presentation will discuss problematic anxiety in Parkinson's disease (PD), and highlight its various manifestations and complications throughout the course of

illness, as well as assessment and treatment options. The relationship between anxiety and motor fluctuations, as well as the association with disability, will also be explored.

Currently, there are very few studies being conducted into the assessment and management of anxiety in PD. Dr. Howard will discuss why this is the case, despite the fact that severe anxiety can often be one of the earliest symptoms of the disease, developing many years before motor symptoms. Finally, the presentation will also discuss treatment options, including both anti-anxiety drugs and non-pharmaceutical interventions, such as various cognitive and behavioural therapies.

For our annual report and financial statements, visit [www.parkinson.bc.ca/annualreports](http://www.parkinson.bc.ca/annualreports). The AGM package will be circulated to registrants with login instructions for this event.

**Date:** Saturday, November 20

**Time:** 9:30am – 11:30am PT

**Cost:** Free for members. *Non-members interested in attending must sign up to be a member, and pay the \$25 annual fee:* [www.parkinson.bc.ca/membership](http://www.parkinson.bc.ca/membership).

**Registration:** [www.parkinson.bc.ca/agm-2020](http://www.parkinson.bc.ca/agm-2020)

### ***Virtual Open House***

Join us on November 30 for Parkinson Society British Columbia's (PSBC) Virtual Open House! Meet some of our Support Services staff and learn about what we do, as well as how to connect and be involved with our Society. The PSBC Virtual Open House will showcase:

- Membership benefits
- Wide variety of educational resources offered
- Key support services and programs, such as counselling and physiotherapy
- Support groups, exercise classes, and PSBC social and activity-based workshops
- Types of educational events that feature internationally-renowned expert speakers
- Volunteer opportunities
- PSBC website navigation demo

The open house will include a question and answer session. We welcome the Parkinson's community, including all new PSBC members, as well as healthcare professionals.

**Date:** Tuesday, November 30

**Time:** 2:00pm – 3:00pm PT

**Cost:** Free

**Registration:** [www.bit.ly/psbcvirtualopenhouse](http://www.bit.ly/psbcvirtualopenhouse)

### ***PD Warrior 10 Week Challenge***

Ring in the new year with PD Warrior's signature program, the 10 Week Challenge! PD Warrior is a Parkinson's-specific exercise program based on the principle of neuroplasticity and is designed to help you live better with Parkinson's. The 10 Week Challenge is a moderate- to high-intensity exercise program suitable for those who are able to walk independently with or without a walking aid, as well as follow verbal and visual instructions. The program will use a variety of physical and cognitive activities to challenge your stamina, strength, balance, and dual-tasking abilities.

To get the most out of the program, the 10 Week Challenge requires participants to:

- complete two individualized exercises daily (determined during initial consultation)
- partake in a weekly one-hour group exercise class

To participate in the 10 Week Challenge, an initial consultation session with physiotherapist, Shelly Yu, is necessary to determine eligibility and safety, as well as to obtain an individualized exercise program to complement the weekly group exercise class. No equipment is needed. For more information, please visit [www.pdwarrior.com](http://www.pdwarrior.com). Are you up for the challenge?

**Date:** Tuesdays, January 4 – March 8

**Time:** 1:00pm – 2:00pm PT

**Capacity:** 30

**Cost:** Free

**Registration:** Please contact Shelly Yu at [syu@parkinson.bc.ca](mailto:syu@parkinson.bc.ca) or 1-800-668-3330 ext. 232.

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### ***UPCOMING FUNDRAISING EVENTS***

#### ***Champions for Parkinson's***

- Donate a Car Canada: Ongoing (read more: [www.bit.ly/2ORTuJn](http://www.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 to prevent falls inside and outside the home.

- avoid walking in the dark whenever and wherever possible
- when walking in the dark in your home, keep all pathways lit – consider nightlights
- keep your eyes on where you want to plant your feet, rather than looking up or around
- avoid backing up; instead, turn and face where you would like to go, then walk

*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 [www.bit.ly/sw2021ceremonies](http://www.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. Donations are accepted until December 31! It's not too late to make a difference. To donate, visit [www.parkinson.bc.ca/superwalk](http://www.parkinson.bc.ca/superwalk).

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**DISCUSSION TOPIC: Preventing falls outside the home*****Discussion Questions***

1. How do you stay safe and avoid falls outside the home?
2. What are the most common fall hazards you encounter?
3. Do you have a plan in place for what you might do in the case of a fall outside the home?

November is Fall Prevention Month, a time to reflect on and raise awareness about the impact falls have in our communities. Falls are a serious concern for seniors, as they are the leading cause of injuries and hospitalizations for adults aged 65 years and older in British Columbia (HealthLink BC, 2020). Because Parkinson's disease (PD) impacts the areas of the brain that control balance and coordination, individuals with PD are at higher risk of falling.

In fact, people with Parkinson's are two times more likely to experience a fall than those with other neurological conditions, and these falls may contribute to decreased quality of life and a fear of falling, as well as subsequent lowered physical activity (Allen et al., 2013). Unfortunately, the majority of individuals with Parkinson's will experience a fall sometime throughout the course of their illness, with 60% reporting at least one fall and 39% experiencing recurrent falls (Allen et al., 2013). Those who experience recurrent falls fall on average over 20 times per year (Allen et al., 2013). Falls may be seen as an inevitable part of getting older, but this is not true, as they are often predictable and avoidable.

### *Evaluating outdoor fall risk*

As November is typically a cooler, wetter month in BC, it is an especially important time for people with Parkinson's to minimize their risk of falls outside the home. Consider some of the factors below that may increase your risk of falling:

- cold temperatures, which may worsen tremors and balance problems (Woodbridge, 2018)
- coldness of the lower limbs (COL), a common motor symptom which may cause pain or difficulty walking and standing
- difficulty navigating and moving around obstacles
- slippery conditions due to rain, snow, or fallen leaves
- shoes without good traction
- poorly lit walking paths and less daylight hours
- uneven sidewalks and bumpy trails

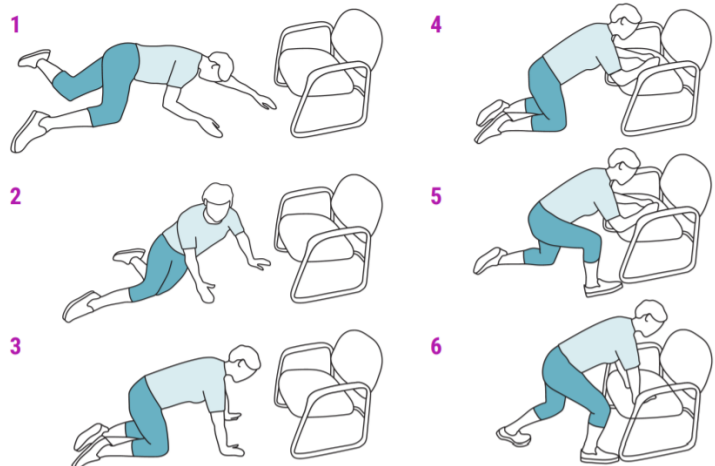
### *Minimizing outdoor fall risk*

While it is not possible to control the weather, there are ways to minimize one's risk of experiencing a fall outside the home, including:

- wearing multiple layers of warm clothing, as this may help reduce the severity of COL
- choosing appropriate non-slip footwear that has many grooves on the sole, preferably in the shape of circles and/or multiple designs, as these increase a shoe's grip on wet surfaces
- only going outside during daylight hours or in well lit areas
- checking the weather forecast prior to leaving home to ensure conditions will be safe

**Recovering from falls**

If you fall, stay calm, and remain where you are. Take a moment to conduct a body scan (mentally scan and feel from head to toe) to see if you are hurt anywhere. If you are hurt, do not move, and call for help. If you are not hurt, then you can try getting up from the ground using the technique below, with help from a chair or something else sturdy if



outdoors, like a bench. Only do this if you are sure you are not hurt and can get up by yourself. If you need help getting up, do not attempt this without assistance, as you could fall again.

If you need assistance getting up from the ground, or there is nothing sturdy to hold on to, you can use the same techniques as above, performing steps 4 through 6 with a person in place of a chair, given that the person assisting feels they are able to do so.



**Additional Resources**

Exercise for people with Parkinson’s disease | [www.bit.ly/PDexercisebooklet](http://www.bit.ly/PDexercisebooklet)

Walking problems | [www.bit.ly/pdwalkingproblems](http://www.bit.ly/pdwalkingproblems)

**Sources**

Allen, N. E. et al. (2013). *Recurrent falls in Parkinson's disease*. Parkinsons Disease Journal, 2013:906274. [www.doi.org/10.1155/2013/906274](http://www.doi.org/10.1155/2013/906274)

HealthLink BC. (2020). *Seniors' falls can be prevented*. [www.bit.ly/healthlinkbc78](http://www.bit.ly/healthlinkbc78)

Woodbridge, S. (2018). *How to get through the cold of winter*. Parkinson’s News Today. [www.bit.ly/3G5Xvpj](http://www.bit.ly/3G5Xvpj)