

Viewpoints

Parkinson
Society
British
Columbia

A quarterly newsletter for the Parkinson's Community of British Columbia

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OUR MISSION Parkinson Society British Columbia exists to address the personal and social consequences of Parkinson's disease through education, outreach, scientific research, advocacy and public awareness.

890 West Pender Street, Suite 600, Vancouver, BC V6C 1J9
Tel 604 662 3240 · Toll Free 1 800 668 3330 · Fax 604 687 1327
info@parkinson.bc.ca · www.parkinson.bc.ca

Charitable Registration Number 11880 1240 RR0001

Your support is
essential!

PSBC would not exist without the generosity of its members, donors and volunteers since it receives no government support.

The following are the many ways you can support your society:

Membership—\$25 annual fee

Monthly or Quarterly Donation

United Way

Remember PSBC when giving through United Way

Special Events

Your participation in our special events makes a difference

Planned Giving and Bequests

Consider **PSBC** as a beneficiary in your Will

Self-Help Support Groups

Abbotsford, Burnaby, Campbell River, Chilliwack, Chinese Speaking (Vancouver), Courtenay/Comox Valley PWP, Courtenay/Comox Valley Caregivers, Cowichan, Cranbrook, Creston, Denman Island, Fort St. John, Kamloops, Kelowna PWP, Kelowna Caregivers, Ladner, Langley PWP, Maple Ridge/Pitt Meadows PWP, Maple Ridge/Pitt Meadows Caregivers, Mission, Nanaimo PWP, Nelson, New Diagnosis 1 & 2 (Vancouver), New Westminster, North Shore, North Vancouver Caregivers, Osoyoos, Parksville/Qualicum PWP, Parksville Caregivers, Penticton, Powell River, Prince George, Quadra Island, Richmond, Shuswap/Salmon Arm PWP, Shuswap/Salmon Arm Caregivers, South Sunshine Coast (Sechelt), Sparwood, Squamish, Surrey, Terrace, Trail/Castlegar, Tri-Cities PWP, Tri-Cities Caregivers, Tsawwassen, Vancouver Arbutus, Vancouver Caregivers, Vancouver West Side, Vernon, White Rock

Editorial Statement

The views and opinions expressed within the pages of *Viewpoints* are not necessarily those of Parkinson Society British Columbia. The intention is to provide the reader with a wide range of material. Parkinson Society British Columbia welcomes submissions for the newsletter. The editor reserves the right to edit material and to withhold material from publication.

Articles contained in *Viewpoints* are for information only. PSBC does not guarantee nor endorse any product or claim made by an author. In matters of medical treatment or therapy, patients should consult their physicians.



research

Parkinson Society Canada National Research Program

Research holds the key to unlocking the mysteries of Parkinson's disease (PD). Scientific excellence and the courage to test new ideas are vital in the global search for better treatments and a cure.

With our Regional Partners across Canada, Parkinson Society British Columbia (PSBC) contributes annually to Parkinson Society Canada's National Research Program. Together, we fund high-quality, innovative research by established and promising Canadian researchers.

PARKINSON SOCIETY CANADA

NATIONAL
RESEARCH
PROGRAM

Funding Philosophy (our niche)

Support novel research ideas by providing 'seed' funding to enable PD researchers to leverage research dollars.

Why?

- Maximize funding to support more researchers across Canada—smaller grants/awards mean more opportunities for discoveries.
- Support innovative and riskier projects that show the promise of new ideas and insights.
- Provide funds to established researchers to see if their idea is viable, so they can apply for larger grants.
- Motivate researchers to specialize in Parkinson's by supporting their work at the start of their career.

Build capacity by training young scientists to ensure future PD research.

How?

- Fund studentships and fellowships.

Grow the number of Parkinson's specialists by funding Clinical Fellowships.

Why?

- Ensure high quality of care for people with Parkinson's now and into the future.

How the Funding Process Works—5 Steps

1. **Call for Proposals.** To Canada-based researchers, health care professionals, and graduate students.
2. **Peer Review**.** Scientific Advisory Board (SAB) reviews, scores and ranks each application using Canadian Institutes of Health Research standards.
3. **Funding Recommendations.** Research Policy Committee receives SAB rankings and recommends that the PSC Board of Directors
4. **Knowledge Shared.** Grant recipients provide progress reports and financial accounting yearly upon completion.
5. **Funding Approved.** PSC Board of Directors approves funding and applicants receive awards. Research and clinical fellowships begin.

** Members recuse themselves from reviewing any application where there is a conflict of interest.

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OUR NATIONAL RESEARCH PROGRAM

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Research Funded

Basic Research is more speculative and takes a long time—often measured in decades—to be applied in a practical context. It often leads to breakthroughs or paradigm-shifts in practice. The purpose of this type of research is to increase our knowledge and understanding about the basic processes of living organisms. Biomedical research provides a foundation upon which other types of research are built.

Clinical Research involves human volunteers with a purpose of answering specific health questions. Clinical research that involves participants often has inclusion criteria—these criteria are conditions that state who can be recruited or enrolled in a particular study. Examples of clinical research would be: patient-oriented research, epidemiological and behavioural studies.

Our Record

Since 1981, the National Research Program has invested more than \$22 million in Parkinson's research, granting over 425 studentships, fellowships, grants and new investigator awards.

Impact

Here are highlights of some of the results from the National Research Program:



Dr. Ron Postuma

In 2010, Dr. Postuma developed two tools to help people with Parkinson's and

their physicians identify and manage non-motor symptoms, such as hallucinations, REM sleep behaviour disorder, constipation and several other symptoms that were not generally associated with PD: *A Guide to the Non-Motor Symptoms of Parkinson's Disease* (for people with Parkinson's) and the *Physician Guide: Non-motor symptoms of Parkinson's Disease*.



Dr. Marc Ekker

In 2013, Dr. Ekker's lab was able to produce zebrafish in which they could selectively kill dopaminergic neurons.

They are now in a position to examine the possible regeneration of these neurons. Understanding how zebrafish regenerate dopaminergic neurons should be instrumental in the development of methods to stimulate the regeneration of such neurons in people with PD.

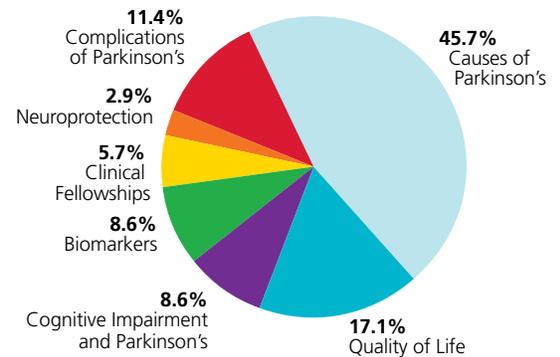


Dr. Oury Monchi

In 2014, Dr. Monchi made it possible to identify people in first stage Parkinson's

who will go on to develop dementia. People with PD have a six times greater risk of developing dementia compared to the rest of the population. This study opens the door to further research on medication or non-pharmacological approaches that can be used before people develop dementia.

The National Research Program funds basic and clinical research into:



*Based on number of grants/fellowships funded

The Current Picture

In the current funding cycle (2013–2015), the National Research Program is supporting 35 grants/awards with a total commitment of \$1,758,839.

Thank you!

With the generosity of our donors, we are able to fund innovative Parkinson's research in Canada. We want to express a sincere thank you to all of those who support PSBC. *It takes a community to fight Parkinson's!* For more information on the National Research program, visit: www.parkinson.ca.

Thriving with Parkinson's

BY TERRY HUME

"Are you a chep?" Quinn asked as she pulled herself onto the stool beside me.

Since arriving at the house full of silver-haired "I coulda beens", the five-year old worked the room like a seasoned politician, leaving a trail of melted hearts and cookie crumbs in her wake.

"A what?" I asked, smiling down at her.

"A chep," she repeated, her blue eyes latching onto my own. Grabbing another cookie from the plate in front of us, Quinn continued, "You know, a cooker. My dad's a chep. He makes things like muffins and stuff. But he can do it a lot faster than you."

Welcome to my slow moving world of Parkinson's disease. It had been less than a year since my diagnosis, and already my symptoms made me stand out in a crowd, as evidenced by this five year old's observation. I felt saddened by this innocent remark by a cute little girl. Parkinson's was for old people. At fifty-three years of age, it seemed as if a bony arm had reached out from the depths of the aged and attempted to pull me prematurely into its midst. I wasn't ready to go there. Not yet. I was too young, with too many things left to do.



We all feel a bit of panic from time to time. It's normal. We're human. The trick is to not dwell on your problems. Focus, instead, on the positive aspects of your life. And if you don't think there are any positive aspects to your life, think again, because you are dead wrong.

Whenever I feel a pity party coming on, I think about all the starving children in the world. Children who know nothing but abject poverty. Children who dare not even dream of having a life that we take for granted. I could just as easily have been born into a situation as desperate as the ones that they live through daily. How could one possibly get any better than being the product of a great nation, with free education, lots of employment opportunities, universal health care, freedom to make my own choices, and all the other material trappings we take for granted every day. Me? I had a fantastic childhood. I'm now 59 years old with a very supportive wife and two terrific kids, both now young adults.

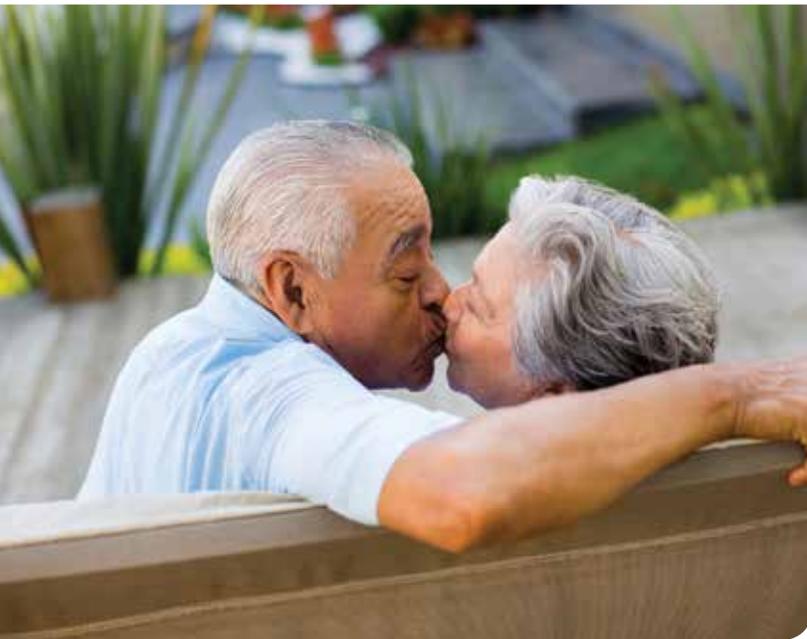
Life is good.

I find it troubling when someone has a disease, such as Parkinson's, and they wait for someone else to do something about it. We've all met this type of person. For example, study after study shows the

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Sexual intimacy and Parkinson's

Your doctor tells you that you have Parkinson's disease. "Any questions?" they ask. You ask several, all except for one you're too timid to bring up: **"WHAT ABOUT SEX?"**



Approximately 50% of men and women with Parkinson's disease will experience some form of intimacy and sexual problems*. You are not alone with the symptoms and you are definitely not alone if you have difficulty talking about it.

Parkinson's does not have to put an end to your love life. Though the disease is different for everyone, here are five tips to keep in mind:



Find information and support

Don't be embarrassed to ask your doctor about the sexual implications of Parkinson's and the sexual effects of your medications. They no doubt have heard the questions before. Next, search the internet: sexual effects of (blank), then list your medications. You may get different answers. But you'll come away with a useful overview.



Be flexible

If you define "sex" as just intercourse, and can no longer do that, you might think that your sex life is history. But if your definition of sex is more flexible, then bidding farewell to intercourse is like passing up one dish at a huge buffet. Even if you can't have intercourse, there are many ways to enjoy physical intimacy, fulfilling lovemaking and orgasm. Men don't need erections to climax. Satisfying sex is based on leisurely, playful whole-body massage. Even those in the later stages of Parkinson's can often kiss, cuddle, receive massage and other forms of sexual pleasure, and perhaps provide it. Focus not on your disabilities, but on your *abilities*. Where there's a will, there's a way.



Stay as healthy as possible

"How can I be healthy?" you ask, "I have Parkinson's disease." Yes, you do. But you'll feel better, have an easier time managing your symptoms, and retain more sexual interest and ability if your lifestyle is as healthy as possible, so check with your doctor and come up with a plan that will help you maintain a healthy lifestyle. Here are some points to consider:

- If you smoke, quit.
- Don't drink more than two alcoholic drinks per day.

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- Eat at least five servings of fruits and vegetables a day.
- Within your abilities, strive for regular moderate exercise, ideally, 20 to 30 minutes a day.
- Try to get at least seven hours of sleep a night.
- Look after your mental health. Depression affects at least half of people with Parkinson's and it can rob you of your interest in sex and other activities you would normally find enjoyable. If you are depressed, or suspect you might be, speak to your doctor. Depression is treatable!



Look for new opportunities

Having Parkinson's means grieving the loss of things you can no longer do, among them, how you had sex. But if you stop there, you wind up depressed—and depression kills libido and erotic enjoyment. As time passes, look for new opportunities

for fun and personal growth—including new approaches to making love. If you feel comfortable, explore sexual accessories. Try a few; you may discover they enhance your intimate experience with your partner. You can find them at adult shops or various online sites.

Sex therapists are psychotherapists with advanced training in sexual issues. They discuss your situation, suggest ways you can enjoy sex and assign erotic “homework.” The process typically takes a few months of weekly appointments, and studies show that two-thirds of people who consult sex therapists report significant benefit.



Consider sex therapy

**Reference: Research conducted by Gila Bronner and David B. Vodusek. The full study can be found here: www.ncbi.nlm.nih.gov/pmc/articles/PMC3229252*

Source: Article adapted from www.aarp.org.

Registered Disability Savings Plan

A registered disability savings plan (RDSP) is a long-term savings plan that is intended to help Canadians with disabilities and their families save for the future. If you have an RDSP, you may be eligible for grants and bonds to increase your savings in the long term.

You should consider starting an RDSP if you have a long-term disability and meet all the following criteria:

- You are eligible for the disability tax credit (disability amount).
- You are under 60 years of age. (If you're 59, you must open the RDSP before the end of the year in which you turn 59).
- You are a resident of Canada and have a social insurance number (SIN).
- You are looking to save for the long term.

There is no annual contribution limit, but there is a lifetime contribution limit of \$200,000. Anyone with written permission of the holder can make contributions.

For more information, visit the Government of Canada website at <http://www.esdc.gc.ca/eng/disability/savings/index.shtml>.

Managing advancing symptoms of Parkinson's

There may be difficult decisions and changes that occur during the advanced stage of Parkinson's. Caregivers need support, guidance and practical suggestions for the complex issues that may arise.



Planning Ahead

Take time now to organize the affairs of your loved one and make advance preparations to ease the transition into the next phase. Some families find it beneficial to hold family meetings to talk about caregiving roles and plan for the future. Making sure financial and legal matters are in order can ensure peace of mind for the person with Parkinson's and their caregiver.

The following are some suggested steps you can take when planning for the future:

- ✓ As friends and relatives offer their help, be ready with a list of errands or tasks that they can do.

- ✓ Keep a notebook listing medication schedules and daily routines. This can be especially valuable in the event of hospitalization, caregiver illness, or other emergency.
- ✓ Make sure you understand benefits and covered services included in your current medical insurance plan. Learn what long-term care coverage options are available.
- ✓ Think about creating Advanced Health Care Directives such as Representation Agreements and Enduring Powers of Attorney, which are legal documents that specify wishes for medical decisions/treatment near the end of life.

Changing Roles and Relationships

Advancing Parkinson's causes disruption of dreams and plans for the future, often resulting in feelings of grief, anger, and sadness. These are normal reactions to the changing situation.

Here are some strategies to help you cope:

- ✓ Try to appreciate time spent together, even during mundane, everyday tasks.
- ✓ Maintain a sense of humour. Try to laugh at things that don't go as planned.
- ✓ Communicating even simple ideas may become more frustrating for both speaker and listener. Try focusing on key words, or set up a hand signal or other gesture to indicate a response to yes/no questions. While communication may be difficult, it is important to allow the person with Parkinson's to express their thoughts and ideas as they are able.



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Daily Care

In the advancing stage of Parkinson's, your loved one will need more assistance with daily care.

- ✓ Advancing immobility, thinking changes, added stress, and caregiver fatigue may cause a loss of intimacy. While physical relationships change, closeness can still be expressed through touch, conversation, and shared times together.

Where to Live

Options to consider for your loved one are: remaining in your home or moving to a new home.

Here are some points to take into account:

Remaining in your home:

- ✓ Will a ramp be needed for outside access?
- ✓ Do floor surfaces easily accommodate wheelchair transport?
- ✓ Are the bedroom and bathroom easily accessible?
- ✓ Would a move to a smaller, easier-to-manage home make life simpler?

Moving to a new home:

- ✓ Spend time investigating available facilities in your area. Compare services, prices, available staffing assistance, and experience with caring for individuals with Parkinson.
- ✓ Tour facilities you are considering and ask questions about ongoing care. Can the facility comply with Parkinson's medication schedules as required for individual needs? Is staffing sufficient to assist with eating, dressing and other personal care?

Here are some suggestions to keep in mind:

- ✓ Choose foods that are easier to cut, chew, and swallow. Avoid tough, dry, or crumbly textures. Smaller, more frequent meals may be better, especially for those with low blood pressure, fatigue, or who feel full quickly.
- ✓ To help reduce constipation, increase fiber and fluids, try more regular activity (position change and/or exercise) and use over-the-counter stool softeners, as needed.
- ✓ Use an electric toothbrush and toothpaste to provide thorough dental cleaning. Mouth swabs may make oral care easier.
- ✓ Work with a physical or occupational therapist to learn ways to help the person with Parkinson's transfer to the bathroom while avoiding injury.



- ✓ If your loved one falls on the ground, do not hurry to get them up. Make sure there are no injuries and give them time to rest before attempting to rise. When able, help them scoot over to a heavy piece of stable furniture, then move on to hands and knees before attempting to get up.

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THRIVING WITH PD
continued from page 5...



immediate, short-term and long-term benefits of a structured exercise program. Armed with this information, one might expect to observe the trembling masses to start popping up in gyms across the nation, like dandelions on a well-manicured lawn on a hot July morning; or the nation's sidewalks to be lined with grey-haired seniors clad in sweatpants and pushing walkers. Sadly, this is not the case.

Of course, this may be a lot harder than it looks. For a person with advanced Parkinson's, a simple task such as getting out of bed and crossing the room can be extremely taxing. But each of us can try to expand on what we normally do. If crossing the room is your limit, set a goal of doing this twice, then three

times, and keep going. It is up to you to improve your health, no one else. Don't hide from the facts, and don't let excuses stop you from becoming the best you can be.

Our annual Parkinson SuperWalk is a great way to amaze your family and friends with how far you can walk, thanks to your own initiative and perseverance. We walk to feel better, but every September, we can also walk to raise funds to help find a cure for this debilitating disease. Talk about a win-win situation!

On a personal note, I must say my overall health outlook has definitely improved since starting a regular exercise program, one that includes yoga (which I highly recommend). In fact, I'm heading to the gym right now. Or, at least, as soon as my latest batch of cookies comes out of the oven. I always keep some handy, in case Quinn pops over.

Maybe I should have been a chef, after all.

West Coast College of Massage Therapy

613 Columbia Street
New Westminister, BC

(Near 6th Street, one block from Columbia Skytrain Station)



West Coast College of MASSAGE Therapy

For the third year in a row, the College is holding a special massage clinic for people with Parkinson's, caregivers and support workers.

The clinic is on **Thursdays from 4:15 p.m. to 8:00 p.m.** The cost is \$13 for people with Parkinson's and \$22 for carepartners and support workers.

We have received excellent feedback from those who have attended the clinic. If you are interested, please call the clinic receptionist at **604 520 1830**.

Access is through the back entrance on Clarkson Street and is wheelchair accessible.



MANAGING ADVANCING SYMPTOMS OF PARKINSON'S

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- ✔ Plan and share appropriate activities such as, doing crossword puzzles, watching nature or history programs, listening to books on CDs (find these at your local library), socializing with friends and family and petting, grooming, or playing with family pets.

Cognitive Changes

Cognitive changes include difficulties with attention, task completion, decision-making, problem solving, memory and word-finding. Not all people with Parkinson's will develop cognitive issues, but it can be very frustrating for caregivers.



These strategies may help you cope:

- ✔ Provide simple, one step instructions—too many words may be overwhelming. Repeat instructions throughout the daily routine for those with significant memory problems.
- ✔ Avoid confrontation. It is not helpful to tell someone who is confused that they are wrong, as this usually makes the person more anxious or upset. Talk in reassuring tones.
- ✔ Set up clothing or toiletries in order of use.
- ✔ Establish a daily routine and stick to it as much as possible. Use a calendar or erasable board to help provide reminders about the daily routine.
- ✔ Avoid multiple conversations or activities at the same time, as this may add to confusion or anxiety.

For more information on managing all stages of Parkinson's, visit the resource section of our website: www.parkinson.bc.ca/information-resources.

Source: National Parkinson's Foundation. Adapted from the booklet, *Managing Advanced Symptoms of Parkinson's*. www.parkinson.org.



How can we serve you better?

Parkinson Society British Columbia is committed to staying up-to-date with your experiences of living with Parkinson's and with the services you currently use. Your voice will help us plan for the future, so we can serve you better. Express your opinion by completing one of our two surveys:

- **People with Parkinson's Survey**
- **Caregiver Survey**

Go to www.parkinson.bc.ca and look under **Latest News** for a link to the surveys.

All of the information collected is confidential and anonymous. The survey results will help us understand where the need is greatest and where our programs and services planning will be the most effective.

Thank you for your time and consideration!

A round of applause for the following *Champions for Parkinson's* who organized events to raise funds and awareness for Parkinson's disease. Thank you to all the organizers, volunteers and supporters!

Proud Moments



Thomas Canale and Mariam Hanjra Pull for Parkinson's

On May 2 over 12 high school and mixed Ultimate teams participated in the inaugural one day ultimate tournament raising \$2,300.

BC Chevelle & GM Car Club and The Wesbrooke Seniors Living Community— Show & Shine

On June 7 over 120 cars were on display at the Show & Shine in Pitt Meadows, coinciding with the 100th anniversary of Pitt Meadows Day. \$1,333 was raised.



2014 CALENDAR OF EVENTS

September

MONDAY

15

Online Charity Auction

Preview: Preview items at www.parkinson.bc.ca

Bidding Opens: Monday, September 15

Bidding Closes: Thursday, September 25 at 1:00 pm

PSBC has partnered with Able Auctions to bring you an Online Charity Auction! Bid on wine baskets, golf, ski passes, thousands of dollars in Whistler accommodations, spa gift certificates and more. All proceeds support programs and services for people with Parkinson's in British Columbia.

For more information and to register as an auction bidder visit www.parkinson.bc.ca

SATURDAY

20

Young Onset Conference

Date: Saturday, September 20

Location: Sheraton Hotel, Surrey

Time: 10:00 am – 4:00 pm

Registration: Contact Courtney at channa@parkinson.bc.ca or 604 662 3240 / 1 800 668 3330 or visit www.parkinson.bc.ca. Pre-registration required.

Fee: \$35 (members)
\$45 (non-members)

Students and staff from the Fraser Academy BBQ & Carnival

\$325 was raised from a wonderful day of activities at the school.



Mike Vrlak—SMASH Tournament

The 7th annual tournament was a smashing success on June 7. \$6,710 was raised.



Cris and Richard Florian, Brook Scott and Scotiabank—Me-n-Ed's Charity Golf Classic

Me-n-Ed's Pizza Parlors held its 7th annual Charity Golf Classic on June 10 and raised \$22,000 for Parkinson Society British Columbia and the Michael J. Fox Foundation.

Thank you to all our Champions who continue to support PSBC through community fundraising events!

If you would like to become a Champion and organize an event to support us, please contact Betty Hum, Resource Development Manager, at 604 662 3240 | 1 800 668 3330 | E: bhum@parkinson.bc.ca

October

7 & 14

Voice and Swallow Two Day Clinic

Date: Tuesday, October 7 and Tuesday October 14
Time: 10:00 am – 4:00 pm each day
Location: Cascade Community Church Abbotsford
Fee: \$40 (members)
 \$50 (non-members)
 (covering both days)

Registration: Contact Courtney at channa@parkinson.bc.ca or 604 662 3240 / 1 800 668 3330. Registration opens Tuesday, September 2. Pre-registration required.

WEDNESDAY

22

Webinar: New Drug Treatments Available for Parkinson's Disease

Date: Wednesday, October 22
Time: 9:00 am – 10:00 am PST
Presenters: Dr. Anthony Lang
 Dr. David Grimes

Registration: This webinar requires advance registration. Register at www.parkinson.ca/webinar2014.



SATURDAY

November

1

Time Out for Caregivers

Date: Saturday, November 1
Time: 9:00 am – 1:00 pm
Location: Accent Inn Burnaby

Registration: Please visit www.parkinson.bc.ca for details or contact Courtney at channa@parkinson.bc.ca or 604 662 3240 / 1 800 668 3330. Pre-registration required.

VIEWPOINTS

DO YOU HAVE PARKINSON'S RELATED LEGAL ISSUES?



Through a partnership with PSBC, the law firm of **Blake, Cassels & Graydon LLP** offers free of charge legal services to people with Parkinson's in British Columbia.

The Litigation Support Program from Blakes addresses legal issues such as discrimination against individuals with Parkinson's in the workplace; discrimination in accommodations, services or facilities that are generally available to the public; and, wrongful denial of disability insurance or denial of government services.

If you have a legal problem relating to Parkinson's disease, please contact Jean Blake, CEO at jblake@parkinson.bc.ca for more information.

SUPPORT GROUP NEWS

Penticton Caregiver Group Opens

3rd Thursday of each month, 10am to noon
Bethel Church, 945 Main Street, Penticton, BC
1st meeting: Thursday, September 18

For more information please contact Judy at 250 770 9715 or jmacken1@shaw.ca

NEW RESOURCES

These new resources are available for our members at our lending library in our Vancouver office.

DBS: A Patient Guide to Deep Brain Stimulation (2013)

BY SIERRA FARRIS AND MONIQUE GIROUX

This guide offers a wealth of information about DBS for Tremor, Dystonia and Parkinson's disease whether new to DBS or already living with DBS.

Alter Your Course: Parkinson's—The Early Years (2014)

BY SIERRA FARRIS AND MONIQUE GIROUX

This book is written to give you the guidance, support and confidence you need to influence your future and alter the course of your life with Parkinson's disease.

Caregiver's Guide for Canadians (2010)

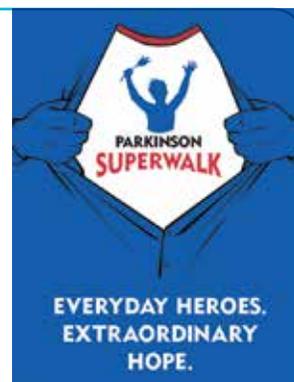
BY RICK LAUBER

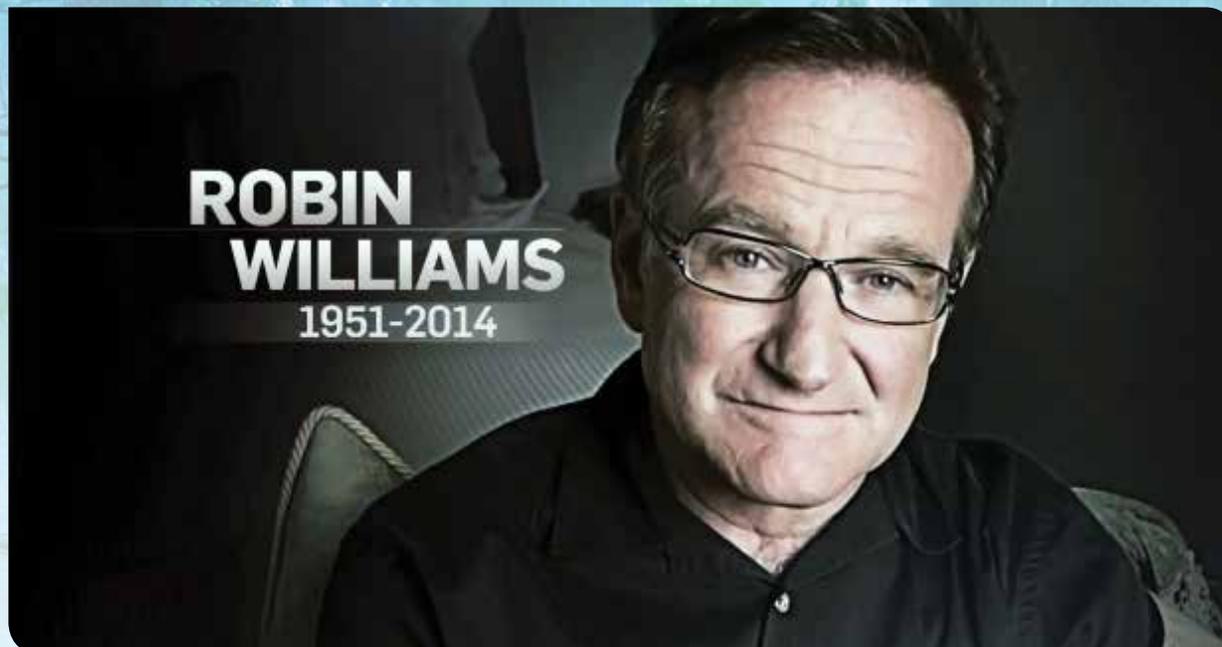
The *Caregiver's Guide for Canadians* covers a broad range of caregiving issues so you can learn how to be a caregiver, know where to go for help, and balance caregiving with other responsibilities.

THANK YOU

During the first two weeks of September, Parkinson SuperWalk is taking place in 21 communities throughout BC and 110 communities across Canada. If you have already walked, congratulations! If you are gearing up for SuperWalk, best of luck for a successful event!

A special thank you to all of those who walked, fundraised, volunteered, donated and supported Parkinson SuperWalk 2014!





Parkinson's and Depression

The death of Robin Williams was a shock to many. We are saddened by the loss and our thoughts go out to the family and friends whose lives were touched by the beloved actor.

Parkinson's is a complex disease—depression and anxiety are among the lesser known symptoms, but about 20–50% of people living with Parkinson's will experience mental health issues.

Although living with Parkinson's can certainly be challenging, and the diagnosis can be frightening at first, depression in people with Parkinson's may be caused by the chemical and physical changes in the area of the brain that affect mood, as well as movement. In fact, depression may be an early symptom of the disease, with some people experiencing depression up to a

decade or more before experiencing any motor symptoms of Parkinson's.

Depression can be one of the most disabling symptoms of the disease. But, it is important to know it can be treated. As much as possible, remain socially engaged and physically active. Resist the urge to isolate yourself. You may want to consult a psychologist and there are medications that help relieve depression.

To find out more information on Parkinson's and depression, go to the Resources section of our website: www.parkinson.bc.ca/information-resources.

Stay Connected to your Community!



Renew your membership and continue to be part of our friendly, caring and supportive community.

Reasons to renew your membership today:

- **Be informed.** Receive invitations and discounts to educational conferences, seminars and lectures to hear prominent experts on Parkinson's disease. *We're planning more events than ever in 2015!*
- **Stay connected.** Get the latest information on research, medication, caregiving, exercise and nutrition when you receive *Viewpoints*, our quarterly newsletter.
- **Lend your voice.** Vote at our Annual General Meeting and add your voice to ours to increase support from funders and politicians.
- **Feel supported.** Link to our provincial network of more than 50 Support Groups and/or speak with our knowledgeable and compassionate staff.

For only \$25, you will receive an annual membership for you and your household valid until December 31, 2015.

How can you renew your membership?

Online at www.parkinson.bc.ca

Send us mail. Fill in the reply card found inside the newsletter.



Call or email Susan Atkinson, Donor and Member Services Coordinator
604 662 3240 | 1 800 668 3330 | satkinson@parkinson.bc.ca

 Parkinson Society British Columbia
Soci t  Parkinson Colombie-Britannique
In Partnership with Parkinson Society Canada
600-890 West Pender Street, Vancouver, BC V6C 1J9

