

Viewpoints

Parkinson
Society
British
Columbia



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

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2015

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PSBC Plans
for 2016

**Watch
for our
NEW
LOOK
coming in
2016!**

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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.

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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

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.

Self-Help Support Groups

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

Important Announcement

A New Year, A New Look!

The holiday season is the time of year for reflection and gratitude. Whether you've volunteered with us, registered to attend one of our education events or made a donation, you've allowed us the opportunity to provide support to those in need. We'd like to extend our sincere thanks to you for your contributions in helping to make the past year a roaring success.

We have been working to increase and strengthen the delivery of programs and services across BC. In 2015, we doubled the number of educational programs provided. Also, in cooperation with leading experts, we were the primary producer of print and digitally-based resources for people affected by Parkinson's across Canada.

With the holiday season comes the New Year, and with this New Year comes a new look. PSBC and its partners recently voted to dissolve the Parkinson Society Federation effective December 31, 2015. In connection with the dissolution, PSBC will be undergoing some changes, including a rebrand.

Although we will have a new look, we will continue to focus on the delivery of programs and services in BC, and collaborate with complementary Parkinson's organizations with the aim of achieving the greatest impact possible.

We look forward to further assisting the Parkinson's community in 2016 and we hope that we can count on your continued support.

Should you have any questions, please do not hesitate to contact Jean Blake, CEO, at jblake@parkinson.bc.ca or 1 800 668 3330.

Enjoy a wonderful holiday season!



Colin MacBeath
Chair



Jean Blake
CEO

COURTNEY HANNA AND MYRIAME LÉPINE LYONS

answer your questions on depression

? *How do I know if I'm depressed?*

The normal ups and downs of life will contribute to instances where you may feel sad or have “the blues” from time to time; however, if you experience an ongoing feeling of emptiness and despair that seems to have taken hold of your life, you may have depression.

Depression makes it tough to function and enjoy life in the ways you once did. But, no matter how hopeless you may feel, know that you can get better. Understanding the signs, symptoms, causes and treatments of depression are the first steps in overcoming the problem. The more symptoms you have, the stronger they are and the longer they've lasted, the more likely it is that you're dealing with depression. When these symptoms are overwhelming and disabling, that's when it's time to seek help.

? *What are the symptoms of depression?**

If you identify with several of the following signs and symptoms—especially the first two—and they just won't go away, you may be suffering from depression. Signs and symptoms of depression include:

- **Feelings of helplessness and hopelessness.** A bleak outlook on life and the thought that nothing will ever get better and there's nothing you can do to improve your situation.
- **Loss of interest in daily activities.** You've lost your ability to feel joy and pleasure in former hobbies, pastimes, social activities or sex.
- **Appetite or weight changes.** Significant weight loss or weight gain—a change of more than 5% of body weight in a month.

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Courtney Hanna, MCP, RCC Born and raised in Ottawa, ON, Courtney completed her Bachelor of Arts degree in Halifax, NS at Dalhousie University. After her undergraduate degree, and a little soul searching, she decided to follow her dream of becoming a counsellor and moved to Vancouver, BC to pursue a Masters of Counselling Psychology at Adler University.

Now a Registered Clinical Counsellor (RCC) with the British Columbia Association of Clinical Counsellors (BCACC), her personal connection to Parkinson's disease (PD) brought her to Parkinson Society British Columbia (PSBC).

Courtney's father was diagnosed with PD over 10 years ago, and recently underwent Deep Brain Stimulation surgery, which has been a successful form of treatment for him.

Believing that every individual has the potential to lead a happy and fulfilling life regardless of challenges faced, she brings a unique perspective and skill set to PSBC.



Myriame Lépine Lyons Myriame completed her Bachelor of Arts (Honors) degree in Psychology and Sociology at Queen's University and her Master of Arts degree in Counselling Psychology at the Adler University, where she researched Educational Assistants' experiences and perceptions of relating with

students with an Autism Spectrum Disorder. As a Certified Canadian Counsellor (CCC) with the Canadian Counselling and Psychotherapy Association, she uses a Cognitive Behavioural Therapy approach with a focus on building therapeutic rapport. By cultivating a sense of togetherness, Myriame works with clients faced with anxiety and depression, trauma, life transitions, chronic disabilities and neurodevelopmental disorders. Myriame has a passion for helping individuals lead a healthier lifestyle through mindfulness, resiliency building, and evidence-based practices.

- **Sleep changes.** Either insomnia, especially waking in the early hours of the morning, or over-sleeping (also known as hypersomnia).
- **Anger or irritability.** Feeling agitated, restless or even violent. Your tolerance level is low, your temper short and everything and everyone gets on your nerves.
- **Loss of energy.** Feeling fatigued, sluggish and physically drained. Your whole body may feel heavy and even small tasks are exhausting or take longer to complete.
- **Self-loathing.** Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.
- **Reckless behavior.** You engage in escapist behavior(s) such as substance abuse, compulsive gambling, reckless driving and/or dangerous sports.
- **Concentration problems.** Trouble focusing, making decisions or remembering things.
- **Unexplained aches and pains.** An increase in physical complaints such as headaches, back pain, aching muscles and stomach pain.

The difficult changes that many older adults face such as bereavement, loss of independence and health problems, can lead to depression—especially in those without a strong support system. Older adults tend to complain more about the physical, rather than the emotional signs and symptoms of depression, and so the problem often goes unrecognized. Depression in older adults is associated with poor health, a high mortality rate and an increased risk of suicide, so diagnosis and treatment are extremely important. Talk to a healthcare professional today about starting treatment.

If you have thoughts of suicide please reach out to 1-800-SUICIDE (1-800-784-2433) or 911.

*Please be advised that the information provided is not meant to replace a standardized assessment. If you think you may be suffering from depression, speak to a qualified healthcare professional that will be able to formally assess and address your concerns.



Is depression a symptom of Parkinson's disease and why might I be feeling depressed?

Parkinson's disease (PD) is classified as a movement disorder, but in recent years the non-motor symptoms, including changes in mood, have been acknowledged as components of the disease. At least 50% of people with PD will experience depression and/or anxiety. Depression can be the very understandable reaction to your initial diagnosis and to the changes you experience as the disease progresses. It is normal to be worried about symptoms and to wonder about your future.

Depression can also be caused by changes in your brain chemistry. This is referred to as a chemical depression. In addition to the decreasing amount of available dopamine, PD can affect other circuits and neural pathways that control your mood. In many cases, depression can appear prior to the onset of physical symptoms of PD.



What are my options in overcoming depression?

A variety of effective treatment options are available to help with depression. In fact, with the right treatment, 80% of people with depression feel better or no longer experience symptoms at all (Here to Help, 2013).

Here are some important points to consider:

- **Get informed.** Remember that depression and anxiety are real illnesses that can be treated.
- **Medication.** Speak to a doctor about what medications may be available. A new study (<http://bit.ly/Parkinsons-Outcomes-Project>) from the National Parkinson Foundation recommends that you discuss any mood changes with a healthcare professional, as well ensuring that your PD specialist is aware. It is also recommended that

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ASK AN EXPERT

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physicians screen for depression at least once a year. If you start taking medication for depression, remember that it can take several weeks before you start to feel better. Early side effects usually disappear as your body gets used to the new drug.

- **Social support.** Listen to your family and your physician if they suggest that you might be depressed or are having difficulty coping. Reach out to friends and family, join a support group. Don't hesitate to ask for help, even if it is just setting aside time to talk.
- **Counselling.** There are two types of counselling approaches that work best for people with depression, cognitive behavioural therapy (CBT) and interpersonal therapy (IPT). Using the CBT approach, a health professional can teach you skills to help change your view of the world around you. They do this by coaching you to break the negative patterns of depression including the thoughts and actions that contribute to it. A health professional that uses IPT, will teach you skills to improve how you interact with other people so that your relationships do not suffer.
- **And/or a combination of treatments.** Most mental health experts will agree that combining medication with a form of therapy is most effective in combatting depression.

How can PSBC's counselling service help me manage my symptoms of depression?

At PSBC, we are committed to helping you improve your quality of life. In April 2015, the Society opened a free short-term counselling service for individuals affected by Parkinson's. In the last few months, we have seen an influx in the demand for this service. Currently, we have two registered psychotherapists who are available by appointment.

By reaching out to the Society, the counsellors can work with you to increase awareness and strength using cognitive behavioural therapy, mindfulness-based exercises and resiliency building to overcome symptoms of depression.

How does cognitive behavioural therapy help me?

CBT is a collaborative, scientifically proven therapy approach that aims to provide clients with strategies to cope more effectively with a wide range of problems including depression. It is based on the idea that our thoughts ('cognitions') influence, and are influenced by, our feelings and behaviours. This means we can easily become 'stuck' in a vicious cycle, where negative thoughts and feelings feed each other and lead to unhelpful patterns of behaviour. Many of these processes happen automatically, and often outside of our awareness, so it can be difficult to change. CBT can help clients to become more aware.

When you exercise new thinking patterns and utilize helpful behaviours and emotions, you are engaging, to a certain degree, in neuroplasticity. You are creating new helpful pathways that your brain will be able to use, instead of the unhelpful thinking patterns that are connected with depression.

In short, CBT is:

- **Educational.** It provides a new way of understanding your problems.
- **Skill-based.** It involves learning new skills and strategies to manage your unhelpful thoughts, feelings and behaviour. These coping mechanisms should be practised in-between sessions.
- **Goal-oriented.** It encourages you to set specific goals and commit to their achievement.
- **Present-focused.** It prioritizes dealing with the problems you are faced with right now over exploring possible root causes (The Mindful Living Centre).

References

Here to Help. (2013). *Depression*. Retrieved from <http://www.heretohelp.bc.ca/factsheet/depression>

The Mindful Living Centre. (n.d.). *What is Cognitive Behavioural Therapy (CBT)?*. Retrieved from <http://www.mindfullivingcentre.ca/what-is-cbt.html>

Demystifying DUODOPA®

A new treatment has been approved by Health Canada designed to help individuals with advanced Parkinson's disease who are responsive to levodopa treatment. More specifically, it is designed to treat those with severe, disabling motor fluctuations and hyper-dyskinesia (involuntary movements) not satisfactorily controlled by combinations of available oral medicinal products for Parkinson's disease. The product is called DUODOPA®; a levodopa and carbidopa combination in the form of a gel that is continuously delivered directly into the small intestine via a pump. Because the delivery of the drug is continuous and regulated, it provides a more constant "on" period, thereby reducing disabling motor symptoms of Parkinson's disease.

Once the drug has been recommended by a doctor with experience in treating Parkinson's disease, a determination is made as to whether or not the individual is a good candidate for the procedure. During this procedure, a small opening is created, called a "stoma", allowing for a tube to be inserted through the stomach wall. The drug is then administered through the tube and regulated by a pump. Cassettes containing the intestinal gel are attached to the pump, worn continuously for 16 hours and changed once a day.

Following the surgical procedure, because the dose of DUODOPA® required to moderate Parkinson's symptoms will vary by patient, adjustments are made to determine what works best for that individual. Generally, a larger dose is administered in the morning, and then a lower maintenance dose is continuously delivered throughout the day. The pump will allow the patient to have the option of controlling some aspects of drug delivery to ensure it is meeting the needs for managing symptoms based on the doctor's recommendations.



As this is a relatively new product to the Canadian market, only one British Columbian, Gail Guise, has undergone the procedure for DUODOPA®. However, there are a number of people on this therapy across Canada and over 5,500 worldwide.

Unfortunately, the product is not yet covered by PharmaCare in BC, as it is in several other provinces. This poses an issue as, although the pool of eligible patients is small, the cost of the drug is \$60,000 a year – which for most people is unmanageable. Most private insurers are covering the cost of the medication and Gail was fortunate to have extended health care benefits, which helped to cover the fees. Despite the challenges associated with drug coverage, she says her experience with the product has been well worth the journey.

Sixty-three year old Gail Guise resides in Langley with her partner, Cathy Carlyle. The couple has a loyal border collie, named Zip, whose biggest joys in life are "protecting" the household and "working" on a friend's nearby farm. Gail was diagnosed with Parkinson's disease in 2002. She continued to work as a planning analyst for computer systems. In the fall of 2014, her symptoms were rapidly becoming more difficult to manage on a day-to-day basis. That's when Dr. Jon Stoessl made the recommendation for DUODOPA® and the procedure was scheduled for March 2015.

"DUODOPA® has been a lifesaver," says Gail. "Before I was able to have the surgery, it was difficult for me to do the things that many take for granted. For instance, if I was at a restaurant and had to go up to a counter to pay my bill, I'd be unable to. My dyskinesia was just too severe. Now I am able to walk and

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DEMYSTIFYING DUODOPA®

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stand in one place for minutes at a time.” Though it was challenging to adjust to carrying around the pump, Gail had no problem travelling to Hawaii only several months after the surgery. Coolers were used to help store her replacement medication cassettes at the appropriate temperature, and she had no issues getting through security at the airport.

This therapy is not without some potential challenges. Recently, Gail had the tube that delivers the medication to her intestine malfunction whilst she was away in Penticton. This prompted a trip to the local hospital; however, the staff was unfamiliar with the inner workings of the device, so even after x-rays revealed what had happened, they were unable to assist. When she returned to the Lower Mainland, she was able to have another procedure putting the tube back into working order. Her experience has

shown not only is there further need to educate PharmaCare on the life-changing effects of this therapy, but that this information needs to be extended to doctors across the province; which is presently in the works and will continue in 2016.

“I’m so fortunate to have DUODOPA® in my life. I would absolutely advocate for the therapy, as I believe there are others with advanced Parkinson’s symptoms that could really benefit from it,” she says.

If you are interested in learning more about DUODOPA®, you can read AbbVie’s consumer information document (<http://bit.ly/AbbVie-Duodopa-Info>), or contact Parkinson Society British Columbia at 1 800 668 3330.

Special Thanks

Angela Wensley

Angela graciously presented a \$5,000 donation to the Society on October 19, 2015 at the Voice & Swallow Seminar in Langley/Surrey. After selling their house in White Rock and relocating to a townhouse in South Surrey, Angela and her partner Wendi made the decision to donate a portion of the funds from the sale of their house to the Society. Angela says, “We sat down and talked about it for a long time, but in the end, this donation was a no-brainer. By supporting the Society, I was, after all, supporting myself.”

Team Telus Charitable Employee Giving Program

Thank you to the Team Telus Employee Charitable Giving Program for their generous donation of \$10,000. The cheque was presented to Parkinson Society British Columbia on September 10, 2015.



Top Photo from left to right: Jean Blake (CEO, Parkinson Society British Columbia), Angela Wensley (Donor) and Sherri Zelazny (Director, PSBC Board and Voice & Swallow Seminar Facilitator).

Bottom photo from left to right: Gurmail Bath (Telus), Jean Blake (CEO, Parkinson Society British Columbia), Donna Hansby (Telus) and Andrew Davenport (Vice-Chair, PSBC Board).



**SHAKE,
SHAKE, SHAKE**

Join Emily Chambers, dynamic local vocalist, and other musical guests for Shake, Shake, Shake! On the evening of Friday, January 8th, you'll have the opportunity to immerse yourself in the musical stylings of local artists spanning a variety of genres. Proceeds from this not-to-miss concert at The Imperial (319 Main Street, Vancouver) will benefit Parkinson Society British Columbia. This event is for ages 19+. Two valid pieces of ID will be required for entry. More information and tickets available at www.parkinson.bc.ca.

Dan McGuire Completes His Four Extremities of Canada Cycle for Parkinson's

Dan McGuire's 10,000km cycling journey across Canada began when he was 80 years old. The grueling ride took him three summers to complete and ended in Inuvik, Northwest Territories this past August. On completing the ride, Dan said, "I had a real sense of gratitude for the support that I had on the road, both from those who volunteered to drive the support vehicle, and the frequent encounters with many kind people who helped along the way." Dan's ride has gained national attention including coverage on CBC Radio's Vinyl Café with Stuart McLean. Parkinson Society British Columbia wishes to extend its deepest thanks to Dan and his team for their support and inspiration.

Jonathan Smith Cycles the Whistler Gran Fondo for Parkinson's

On September 12th, Jonathan Smith cycled 122km (including 1700m of climbing) in the Gran Fondo Whistler to raise money in support of family members and the thousands of others in B.C. who are living with Parkinson's. His hard work and determination paid off as he surpassed his donation goal of \$2,000 raising a total of \$2,640 for the Society. Thank you to Jonathan and all those who supported him through his ride! View his ride on Vimeo at: <https://vimeo.com/145364198>

Pickleball for Parkinson's

A big thank to all those in Kelowna who supported Pickleball for Parkinson's this past summer. The event was a great way to connect with members of the community and raise critical funds for research and programming.

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.

How I Found Inspiration in a Shaky World

As I creep closer to fifty I'm starting to think a bit more about aging. Frankly, I think I've aged pretty well (give or take a few crow's feet). When I do think about aging, I tend to look to my parents. My mom and dad are 82 and 85 years old respectively. My dad has never let anything slow him down—ever. My mom has slowed down a lot, but she hasn't had a choice. She has Parkinson's disease. She is fighting it every step of the way but inevitably the disease progresses and life has to change.

She was diagnosed about 15 years ago, but honestly, it hasn't been until the last two or three years that it has affected her day-to-day life. At the beginning, the only noticeable symptom was a slight tremor in her left hand. When she originally told us I didn't know much about the disease. All I could picture was Michael J. Fox, who I had seen interviewed on TV, who sometimes couldn't control the tremors in his body, jerked violently and occasionally found it difficult to get a full sentence out. I was a bit freaked out. Fortunately, her symptoms were nothing like that; to look at her, you wouldn't even know she had the disease.

Lately, I've noticed things have changed. A few months ago she was involved in a small car accident. There wasn't much damage and nobody was hurt, but her reactions are just not what they used to be.

(Editorial comment: Many people can continue to drive in the early stages of PD, particularly if medications are effective. Others can drive safely with vehicle modifications, skill up-grading and restrictions. Realistically however, there is likely to come a time when you will no longer be able to drive safely and you should plan ahead for the possibility. Parkinson



Society British Columbia offers the following help sheet to assist you in your planning: <http://bit.ly/DrivingandParkinsons>

She has now needed to change from using a cane to a walker, and it was a huge adjustment. There have been a few falls leaving her bruised and sore so the switch was necessary. She had been using the cane to stand with both hands in front of her and her feet wide apart. Like a precarious tripod.

My mom was always active when we were younger. As a family we hiked, camped and skied a lot. Fitness wasn't really a priority in the 70's but I remember mom going to a fitness class at the local YMCA regularly when I was little. Now she has a Life Call necklace that she wears all the time which alerts a call board if she falls over. I know that she gets scared sometimes and she's become better at asking for help. I think she's come to the realization

that there are some things she just can't do. The biggest thing has been recognizing that she can't push herself too far and making sure she is well rested to avoid injuries.

So, here I sit; an active, almost fifty year old, with some extra time on my hands. For too many years I have thought about getting involved with Parkinson Society British Columbia (PSBC). There was work, kids, life... excuses really. No more. My mission is to find a way to give some time and energy to help people with Parkinson's. To try and find a way to help people with Parkinson's that maybe haven't been as fortunate as my mom. And who knows, maybe they

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will find a way to ease my mom's symptoms too. One of the best things in life is having the ability to make a difference for something that matters to you personally—and you can too.

There are many ways you can get involved with Parkinson Society British Columbia. The important thing to remember is that they're there to help guide you and provide support.

 **Volunteer.** There are a number of volunteer opportunities with the Society, including Parkinson SuperWalk, which I take part in. It's a great way to meet new people, and to give back.

 **Organize a Fundraiser.** The Champions for Parkinson's program makes it really easy for anyone to organize a fundraising event. The Society provides all the tools you need to create a budget and promote your event. You have the opportunity to get creative with fundraising too. In my opinion, it's a win-win if you can have fun while making a difference.



Make a Donation. The Society doesn't receive any government funding. It depends entirely on the donations from people like you and me. Generous donors have made it possible for PSBC to double the number of educational events from 2014 moving into 2015. Next year's plans are more ambitious, but can only be made possible with your help. The Society needs a boost to ensure that they are able to reach as many people affected by Parkinson's as possible. Let's show the Parkinson's community that they are not alone in their journey.



Set-up a Legacy Gift. Parkinson's can be a difficult disease to manage and come to terms with, but research is continually revealing ways to improve lives and support from the Society helps to ease the burden. Leaving a gift in your Will ensures that critical programs and services will continue to be offered and that investments in research working towards a cure can be made.

Don't wait to make a difference. Please get involved with Parkinson Society British Columbia today.



Adapted and reprinted with permission from *The Best Things in Life's "A Shaky World"* by Susan Hardman.

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

West Coast College of Massage Therapy holds a special massage clinic for people with Parkinson's, caregivers and support workers.

The clinic is on **Thursdays from 4:00 p.m. to 7:45 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.





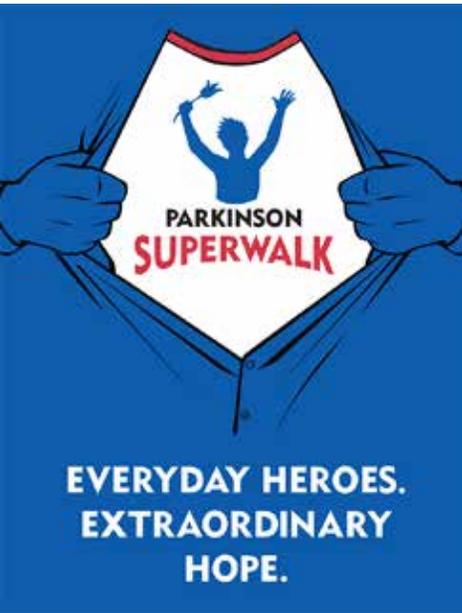
Nelson

Vernon

Kamloops

Victoria

Parksville



On behalf of PSBC and the Parkinson's community...

Thank You British Columbia!
We raised \$392,000+!

It takes a community to fight Parkinson's and 23 locations across the province participated in SuperWalk.

Proceeds from Parkinson SuperWalk help to fund research, education and support services.

You are Parkinson's heroes inspiring extraordinary hope!



Vancouver



Kelowna



Pitt Meadows



Surrey

Sincere Thanks

Thank you to everyone for their participation, donations and support of the 25th annual Parkinson SuperWalk. Your generosity has helped to raise over \$392,000 and counting. These funds will allow the Society to extend its reach, providing programming and services for the 12,500 British Columbians living with Parkinson's.

TOTAL RAISED BY COMMUNITY

▪ Burnaby	\$6,118.00	▪ Parksville	\$9,948.00
▪ Chase	\$535.00	▪ Pitt Meadows/Maple Ridge	\$32,732.00
▪ Chilliwack	\$6,285.00	▪ Prince George	\$11,183.95
▪ Cranbrook	\$1,960.00	▪ Quadra Island	\$100.00
▪ Elk Valley	\$10,817.15	▪ Richmond	\$7,761.00
▪ Fort St. James	\$2,613.00	▪ Salmon Arm	\$5,358.00
▪ Fraser Valley / Fort Langley	\$20,087.00	▪ Surrey	\$25,653.00
▪ Invermere	\$3,013.00	▪ Terrace	\$1,000.00
▪ Kamloops	\$38,340.00	▪ Vancouver	\$122,898.00
▪ Kelowna	\$49,525.00	▪ Vernon	\$9,508.00
▪ Nelson	\$6,260.00	▪ Victoria	\$20,786.13
▪ Oliver	\$1,867.00		



Superb SuperStar Walkers (Raised \$5,000-\$14,000)

Teresa Shimbashi, Suzanne Stothers, Janet Stuehmer, May Wong

Kelowna: Wendy Olinger, Garry Toop

Vernon: Colleen Vollan

Pitt Meadows/Maple Ridge: Linda Thiessen – **Top Individual raising \$13,075**

SuperStar Walkers (Raised \$1,000-\$2,499)

Surrey: Holly Parrish

Burnaby: Linda Dawson, Michael Dawson

Vancouver: James Smerdon, Val Swannell

Chilliwack: Joe MacMillan

SuperStar Supreme Walkers (Raised \$2,500-\$4,999)

Cranbrook: Annalee Siemens

Elk Valley: Merl Shelley

Elk Valley: Gary Holland, Shelly Hume, Terry Hume, Jerome Tracey

Fraser Valley/Fort Langley: Collin McKenzie

Fraser Valley/Fort Langley: PJ Burns, Ken Kennedy, Carolyn Krahn

Kamloops: Ruth Konrad, Jane Osterloh, Bryan White

Invermere: Grace Sander

Kelowna: Ralph Ayers, Peter and Marie Baigent

Kamloops: Patricia Ballentyne, Donna Dobbie, Judith Facchin, Rodney Hobbs, John McChurrach, Rendy Olthuis, Steven Puhallo, Linda Ritchie, Jenica Sawyer, Brianna Senner, Wesley Stephens, Susanne Touhey

Pitt Meadows/Maple Ridge: Edith Elliott

Surrey: John Manuel, Chris Parrish

Kelowna: Bryan Aubie, Mary de Souza, Jean

Vancouver: Tracey-Lee Eddy, Peter Ganske, Jill Goertzen, Janet Maybury,

Flintoft, John Hallam, Klaus Kahl, Carole Taylor, Robert Thompson

Nelson: Renice Townsend, Irene Wright

Parksville: Henry Cummings, Douglas Toombs

Pitt Meadows/Maple Ridge: Susan Allan, Wim Hunfeld, Richard Maki

Prince George: John Corbett, Carolyn Lamb

Richmond: Joseph Denofreo, John Miller, Helge Nielsen, Jean Nykyforuk, Alan Reynolds

Salmon Arm: Emile Roy

Surrey: Linda Bickerton-Ross, Keith Jones

Terrace: Penny Henderson

Vancouver: Elspeth Banerd, Jan Carley, Kiran Evans, Gail Guise, Ken Hoyem, Diane Janzen, Peter Khatkar, Gwenith Lamacraft, David Lanphear, Chelsea Rae-Arther, Barbara Robertson, Vickey Sahota, Robin Shantz, John Smerdon, Bernice Smerdon,

Nadanong Taninart, Patricia Wright, Deborah Yeates

Vernon: Cheryl Bateman

Victoria: Jillian Carson, Louise Dillabough, Harry Drage, Laura Hutcheson, Paul Lavoie, Patricia Wood

BC Teams (Raised \$1,000+)

Chilliwack: Hutchinson Family, Joe and Irma's Group

Elk Valley: Going for it, Movers and Shakers

Fraser Valley/Fort Langley: Anderson, Jerry's Jiggers, Ken's, ParkKrahn, PJ's Parkinson Pavement Pounders, Team Abbott, Team Dewesies, Team Elizabeth, Walk 4 Pake, Wobbles

Kamloops: Go Granny go, Not Forgotten, Papa's Posse, Team Nonie, Team Puhallo, Team Touhey

Kelowna: Bryan A, Group Therapy, Kelowna Good Vibrations, Percs for Parks, Team Thor

Nelson: Bobs Team

Pitt Meadows/Maple Ridge: Laurie's Legacy, PD on the Run, Team Elliott, Team GMA's Group, Team Whonnock, The Farrell Lemons

Prince George: Team Uncle Barry

Surrey: A&W Cruisers, Tsawwassen Ladner Support Groups

Vancouver: Airhole, Browns Socialhouse STL, For Pete's Sake, J Walkers, Kenny's Krew, Lanphear Team, PPRC bow ties, Red Hot Chili Steppers, Remembering Bryan, Sandy's Super Walkers, Saskatchewan Roots, Shake Me To Your Leader, **Show Me the Smerdons – Top Team raising \$16,460**, Team Dito, Team Janet, Team PSBC, Team Sahota, Team Val, The Big I, The Hustlers

Victoria: Akers, Shakers, 'N' Donation Takers, Papa John's "Hurry-up & wait gang", ParkinGo Wellness Society, Smith's Gunners

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plans for 2016

2016 Programs & Services Year at a Glance

We are pleased to announce our plans for the upcoming year and invite your feedback. In keeping with our goals to extend our reach and inspire hope, we plan to host educational sessions in several more communities, including our Communication & Swallow Workshop and our Regional Conferences. In 2015, we explored the use of webinars to reach out to a wider audience as a part of our Carepartner Connect Series. The program was well received, and so, we will be offering it again via webinar in 2016. We will also offer a program via webinar for those with Young Onset Parkinson's disease.

Using a 'train the trainer' approach, similar to the successful sessions held for Parkinson Wellness Recovery (PWR!) with Dr. Becky Farley in 2015, we will be bringing SongShine to Vancouver in 2016. This will provide choral leaders with training in utilizing voice techniques to assist people who may be experiencing voice and communication issues. Later in the year, we will also be offering professionals training in Dance for PD® techniques designed to introduce people with Parkinson's to the joys and benefits of a customized dance experience.

The following is a list of our planned events at present. Please note that not all of our plans have been confirmed. Those events indicating they are to be confirmed (TBC) will still require further arrangements with local groups, speakers and venues.

Regional Conferences

- Nanaimo/Parksville – Saturday, February 20
- Prince George – Saturday, May 28
- Victoria – Saturday in November (TBC)
- Kamloops – Saturday in October (TBC)
- Kelowna – June (TBC)

Communication & Swallow Workshops

- Kamloops – Friday, January 29
- Vernon – (TBC)
- Castlegar – Friday, May 27
- Nanaimo/Parksville – Friday, July 8 (TBC)
- Prince George – Early October (TBC)
- Fraser Valley – Friday, November 18 (TBC)

Young Onset Parkinson's Disease 4-Week Series

- Delivered via webinar –
February, 7:00pm to 8:30pm (TBC)

SongShine (Train the Trainer)

- Vancouver – Thursday, May 12 to
Saturday, May 14

Dance for PD® (Train the Trainer):

- TBC

The Victory Summit® presented by the Davis Phinney Foundation (with support from Parkinson Society British Columbia):

- Vancouver – Saturday, April 30

Annual General Meeting

- Lower Mainland – mid-April (TBC)

Step by Step, 12 Week Walking Program:

- Participating Communities – Monday, April 11
to Monday, June 27

World Parkinson Congress:

- Portland, Oregon, USA – Tuesday, September
20 to Friday, September 23

We will be providing travel grants along with the World Parkinson Congress Committee. Please watch for more information on criteria and the application process in January/February 2016.



Renew your membership before December 31!

Don't wait! There's still time to renew your membership with Parkinson Society British Columbia. For only \$25, your household can continue to take advantage of great member benefits, including receiving our quarterly newsletter, *Viewpoints*.

To renew your membership visit www.parkinson.bc.ca/membership or call 1 800 668 3330.

Support Groups

We will continue with our visits to support groups throughout the year. We welcome all invitations to visit, and will do our best to factor them into our planning for the year.

Counselling

Newly introduced in 2015, we will continue to offer free and confidential short-term counselling services to people affected by Parkinson's disease. These services are currently available in-person, over the phone or via Skype. Due to an increasing demand, we will be extending the availability of this service from one day per week to at least one and a half days per week.

Information and Referrals

Ongoing service is available in-person, by telephone or online. If we are unable to answer your questions or concerns immediately, we will research your inquiry and get back to you.

New Resources

- Communication & Swallow Booklet – available in January
- Care Partner Booklet – available in spring

Did you miss our New Diagnosis Day in November?



Not to worry, you can watch recordings of the sessions at: <http://www.parkinson.bc.ca/presentations>

New Diagnosis Day took place in Langley, BC on Saturday, November 14. Experts shared their knowledge to present on topics providing an overview of the disease, treatment options and tips on staying active to help slow the progression of symptoms. There was also the opportunity to hear from a panel of people with Parkinson's and carepartners to learn from those who have experienced adjusting to a diagnosis first-hand.

As a part of our ongoing commitment to extend our reach, we videotaped the sessions to test and evaluate their reception. Should the response to these resources be positive, we may consider this method of delivery again in the future.

Viewpoints

We are pleased to announce that we will be piloting an audio format of *Viewpoints* starting with the Winter 2015 issue. A special thank you Don Winchester for bringing forth the idea, and to Gail Hall, who will be recording the audio versions of each newsletter. Details available at: <http://www.parkinson.bc.ca/publications>



Should you have any questions, concerns or feedback on our plans for 2016, please do not hesitate to get in touch with us. We are here to serve you and welcome your thoughts.

Become a Champion for Parkinson's

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!

From bake sales, birthday parties and beer tastings, to tennis tournaments and car shows, no event is too big or too small. Take the lead, get creative, build awareness, raise funds and don't forget to have fun!

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FOR PARKINSON'S

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