

# Viewpoints

Parkinson  
Society  
British  
Columbia



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

**WINTER**  
2014

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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

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**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**

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

# ask an expert

DR. CHRISTOPHER HONEY

answers your questions about  
**Deep Brain Stimulation**



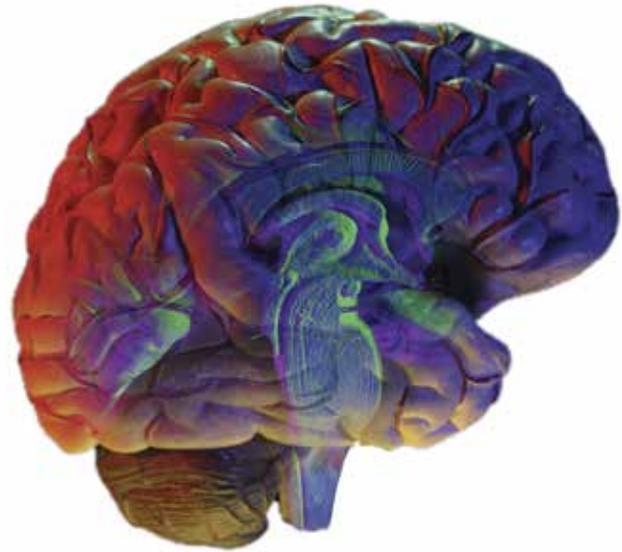
**Dr. Honey** is Associate Professor of Neurosurgery at the University of British Columbia. He is on the Board of the World Society of Stereotactic & Functional Neurosurgery and the Canadian Neuromodulation Society.

Currently, Dr. Honey is the only neurosurgeon in British Columbia qualified to perform Deep Brain Stimulation.

## **?** How does Deep Brain Stimulation (DBS) work?

In summary, there are a number of medical conditions where symptoms in the body occur because of an abnormal activity of the brain. Epilepsy is the most obvious example—abnormal bursting electrical activity in a small area of the brain causes seizures in a patient. If that abnormal area of the brain is deliberately destroyed by a neurosurgeon then the seizures stop and the patient's life can be improved. The difficulty for the surgeon arises in predicting if that area of the brain can be destroyed without hurting the patient. In many cases it can.

Deep Brain Stimulation (or DBS) is a new way of “turning off” or neuromodulating a small area of the brain. It involves placing a small platinum electrode or wire into the abnormal area of the brain. Instead of destroying the area (like we used to do), we use high frequency electrical stimulation to “turn it off”. The electrode is connected by a subcutaneous wire to a pacemaker which sits under the skin, usually in the



chest. When electrical pulses are produced by the pacemaker and sent to the tip of the electrode, the brain cells in the region of the electrode are “turned off”.

The pacemaker can then be adjusted to maximize the benefits (turning off the malfunctioning area) and minimize the side effects (turning off adjacent important areas). That is the greatest strength of DBS—it can be adjusted to maximally benefit an individual patient and if there are unwanted side effects, it can be turned down.

Patients with Parkinson's disease have areas of their brain that are overactive and a DBS electrode can be placed in those areas to correct the brain activity. This may be a confusing concept for some because everyone has been told that Parkinson's disease is due to a loss of the dopamine brain cell. Loss of this cell can result in overactivity (or underactivity) depending on whether the dopamine cell was working as a stimulating or inhibiting cell.

## **?** When should one consider DBS?

We reserve DBS surgery for those patients who are having unacceptable side effects from their medications. If you are doing well on your medications, don't have surgery.

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**What makes a patient a good candidate for DBS?**

We are looking for three motor symptoms that do not respond to optimal medications:

- i) Motor fluctuations
- ii) Dyskinesia, or
- iii) Tremor



**What is the wait time for DBS in British Columbia?**

There are two waiting lists. The first (W1) is the time from when your neurologist puts in a referral for surgery until the time of your neurosurgical appointment. W1 is approximately three years. The second (W2) is the time from deciding you want surgery to the day of surgery. W2 is approaching one year.



**Is DBS covered by health insurance?**

Yes.



**What are the benefits of DBS?**

The benefits of DBS are directly related to the surgical target. Targeting the thalamus will reduce tremor approximately 80–100%. Targeting the pallidum will reduce dyskinesia approximately 80–100%. Targeting the subthalamic nucleus will reduce motor fluctuations. The details are best reviewed with your neurosurgeon and, of course, vary from patient to patient.



**Does DBS improve non-motor symptoms?**

DBS does not improve the non-motor symptoms of Parkinson's disease. Non-motor symptoms include but are not limited to dementia, depression, loss of smell, constipation, bladder dysfunction, imbalance (this is complicated and can be improved in some), impulse control disorders (also very complicated and can potential be improved), and REM sleep disorders.

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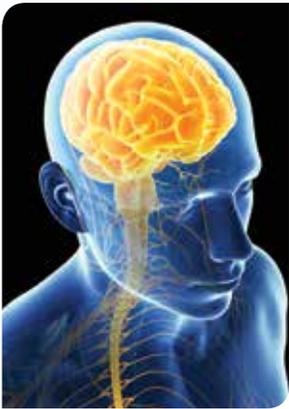
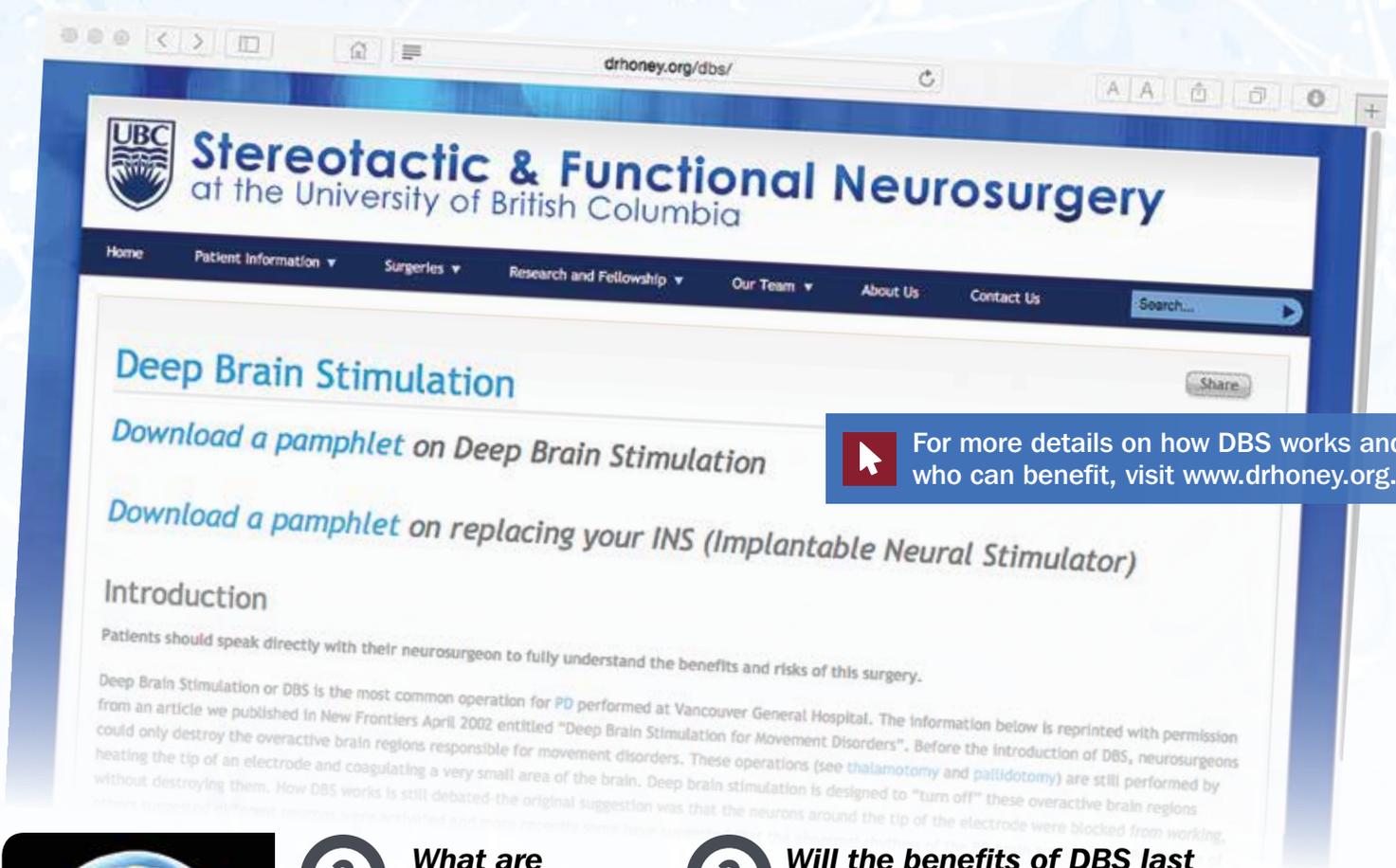
**Who is a poor candidate for Deep Brain Stimulation?**

Those with a diagnosis of an atypical parkinsonian syndrome (eg, progressive supranuclear palsy, multiple system atrophy, dementia with Lewy bodies, corticobasal degeneration, or vascular parkinsonism). These people are often referred for DBS because of poor response to medical therapies but, unfortunately, typically do not respond well to the surgery.

People with Parkinson's disease whose primary goals are to improve speech, respiratory and pharyngeal control, postural instability (history of falling), and freezing. Several long-term studies have shown that these dopaminergic-resistant symptoms continue to progress despite changes in stimulation parameters and improvement of other motor symptoms, such as tremor, rigidity, and bradykinesia.

People with more than mild cognitive dysfunction, active psychiatric disease, dementia or significant cognitive impairment. This is mostly due to reports of cognition in Parkinson disease worsening irreversibly after deep brain stimulation surgery in patients with pre-existing cognitive impairment. Most centres use detailed neuropsychological testing to screen for dementia.

*Source: Deep Brain Stimulation in Movement Disorders (www.medmerits.com)*



**What are potential complications of DBS?**

The rare but devastating complications are stroke or death. In the last 400 patients, we have had no surgical deaths but we have had 0.5% suffer stroke. Our most common

complication is infection—all of which have been treated successfully with antibiotics (although a few needed their DBS removed and later replaced). There can be temporary stimulation induced side effects that can be corrected by adjusting the stimulation. These side effects can include personality and behaviour changes.

As a result, we will only operate if the patient has a reliable partner who will come with them to the clinic after surgery and report any changes in personality because the patient may not be aware of them (or may enjoy the change too much!).



**Will the benefits of DBS last forever?**

The electrodes in the brain will stay forever. The pacemaker will eventually run out of power and need to be changed in approximately three years (range 2–7 years). The effects or benefits of the DBS will continue forever, but new symptoms may develop that are not controlled by the DBS. For example, if a patient develops dementia years after the DBS surgery, the device will not be able to help this. The patient's quality of life will then deteriorate because of the new dementia, not because the DBS stopped working.



**Post-surgery, will follow-up appointments happen on a regular basis and can the patient control the device themselves?**

During surgery, the DBS is implanted but left turned off. Patients then return to the DBS Clinic to have the device turned on after six weeks. Initially there are weekly appointments to find the best settings. We set safe limits within which the patient or caregiver can adjust the stimulation. Later, we need to see patients every 6–12 months to see how they are doing and plan for the battery replacement as needed.

## Meditation: A simple, fast way to reduce stress

People affected by Parkinson's commonly feel, at different points in their journey, anxious, tense or worried. We have heard from many community members that meditation helps manage these symptoms of stress. Anyone can practice meditation. It's simple and inexpensive, and it doesn't require any special equipment. And you can practice meditation wherever you are—whether you're out for a walk, riding the bus or waiting at the doctor's office.



### *Understanding meditation*

Meditation has been practiced for thousands of years. It is considered a type of mind-body complementary medicine. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

### *Meditation and emotional well-being*

When you meditate, you clear away the clutter that builds up in your mind and contributes to your stress.

The emotional benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions

Stress can sometimes magnify or worsen your Parkinson's symptoms. While improving your emotional well-being and reducing stress, you may also find that meditation helps you manage some of your motor symptoms.\*

### *Types of meditation*

Meditation is an umbrella term for the many ways to a relaxed state of being. There are many types of meditation and they all share the same goal of achieving inner peace.

Ways to meditate can include:

- **Guided meditation.** Sometimes called guided imagery or visualization, with this method of meditation you form mental images of places or situations you find relaxing. You try to use as many senses as possible, such as smells, sights, sounds and textures. You may be led through this process by a guide or teacher.
- **Mantra meditation.** In this type of meditation, you silently repeat a calming word, thought or phrase to prevent distracting thoughts.
- **Mindfulness meditation.** This type of meditation is based on being mindful, or having an increased awareness and acceptance of living in the present moment.

In mindfulness meditation, you broaden your conscious awareness. You focus on what you ex-

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perience during meditation, such as the flow of your breath. You can observe your thoughts and emotions, but let them pass without judgment.

- **Qi gong.** This practice generally combines meditation, relaxation, physical movement and breathing exercises to restore and maintain balance. Qi gong (CHEE-gung) is part of traditional Chinese medicine.
- **Tai chi.** This is a form of gentle Chinese martial arts. In tai chi (TIE-CHEE), you perform a self-paced series of postures or movements in a slow, graceful manner while practicing deep breathing.
- **Yoga.** You perform a series of postures and controlled breathing exercises to promote a more flexible body and a calm mind. As you move through poses that require balance and concentration, you are encouraged to focus more on the moment.

### **Everyday ways to practice meditation**

Don't let the thought of meditating the "right" way add to your stress. If you choose to, you can attend group classes led by trained instructors, but you can also practice meditation easily on your own. Some people build meditation into their daily routine. For example, they may start and end each day with an hour of meditation. But all you really need is a few minutes of quality time for meditation.

Here are some ways you can practice meditation on your own, whenever you choose:

- **Breathe deeply.** This technique is good for beginners because breathing is a natural function. Focus all attention on your breathing. Concentrate on feeling and listening as you inhale and exhale through your nostrils. Breathe deeply and slowly. When your attention wanders, gently return your focus to your breathing.
- **Scan your body.** When using this technique, focus attention on different parts of your body. Become aware of your body's various sensations, whether that's movement, tension, warmth or relaxation. Combine body scanning with breathing exercises

and imagine breathing heat or relaxation into and out of different parts of your body.

- **Walk and meditate.** Combining a walk with meditation is an efficient and healthy way to relax. You can use this technique anywhere you're walking, such as in a tranquil forest, on a city sidewalk or at the mall. Slow down the pace of walking so that you can focus on each movement of your legs or feet. Don't focus on a particular destination. Concentrate on your legs and feet, repeating action words in your mind such as lifting, moving and placing as you lift each foot; move your leg forward and place your foot on the ground.
- **Read and reflect.** Many people report that they benefit from reading poems or sacred texts, and taking a few moments to quietly reflect on their meaning. You can also listen to any music you find relaxing or inspiring. You may want to write your reflections in a journal or discuss them with a friend or spiritual leader.
- **Focus your love and gratitude.** In this type of meditation, you focus your attention on a sacred object or being, weaving feelings of love, compassion and gratitude into your thoughts.

### **Building your meditation skills**

Don't judge your meditation skills, which may only increase your stress. Meditation takes practice. It's common for your mind to wander during meditation, no matter how long you've been practicing meditation. If your attention wanders, slowly return to the object, sensation or movement you're focusing on. Experiment, and find out what types of meditation work best for you and what you enjoy doing. Adapt meditation to your needs at the moment. Remember, there's no right way or wrong way to meditate. What matters is that meditation helps you reduce your stress and feel better overall.

\*Meditation is not a replacement for traditional medical treatment. Please consult your doctor if you have any questions or concerns about practicing meditation.

Source: Article adapted from the Mayo Clinic ([www.mayoclinic.org](http://www.mayoclinic.org)).

## Holiday giving guide— Parkinson's edition

BY SHERRI WOODBRIDGE

The holidays are around the corner and everyone wants to find the “perfect gift”. Caregivers, family members, and friends can feel at a loss when it comes time to get a gift for a person with Parkinson's. Here are some great ideas, so get ready to shop!



### E-Book Reader

There are times I want to sit down to read a good book and push that idea aside for a time, as my fingers don't want to hold a book and if I take control, they'll fight me by cramping up. To be able to just hold a small object

and scroll down as you read is extremely helpful. While you're at it, tuck in a gift certificate to cover their first book purchase.

Speaking of books... **Audio books** are still around and are a great alternative to a reading tablet or bulky books. Most people have a CD player and there are many great books out there to choose from.



### Chair Organizer

You can either make or shop for this gift. With your loved one feeling less like getting out as their disease progresses (or even up), this is a great idea to keep things close at hand.



### Special Grab Stick

This is a stick with some grabber thing-a-ma-jig at the end, so you don't have to bend over to pick things up. I found a little cheap one at the dollar store that worked just fine. For serious use, you might want to dig a little deeper and get one that will last once your grandchildren find it!

If you have Parkinson's or know someone who does and have been shopping with them, you know the frustration they feel when they are not up to par and their fingers refuse to work as they shuffle through their wallet looking for payment.

Shop around with them (or without if you know them very well) to find a wallet that will be PD user-friendly.



### PD Friendly Wallet



### Night Light

It may seem silly or insignificant, but a night light is more than just an idea for a gift—it's a necessity for someone who lives at home with PD. You don't have to move the furniture to lose your bearings; people who live with PD not only lose their bearings more easily, but their ability to fall is greatly increased and getting up at night without at least a night light is asking for trouble. And there are so many different ones to choose from nowadays!

It isn't just any old chocolate I'm suggesting. Have you heard of the medicinal benefits of dark chocolate? It's true. Research has shown that chocolate is linked with improved blood flow to the brain and better scores on memory and thinking skill tests for seniors. So, how about a gift certificate to your local chocolate shop or a few bars of good, quality chocolate. Dark chocolate—it's not just for Valentine's Day anymore!



### Dark Chocolate

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### Flexible Walking Stick

I was watching a commercial the other day and it was about this gadget called 'the Flex-Stick' walking cane. This flexible walking stick provides more dynamic stability and comfort and is designed with physics and geometry to 'flex' throughout a normal walk cycle, increasing mobility, reducing the risk of falls, and allowing you to walk better. Find one with three legs to maintain constant contact with the ground surface. As each leg flexes, it provides much more stability and support than a traditional walking cane.



### Dance

I used to volunteer at an adult daycare at our local hospital. I was comfortable there and actually fit right in. Many of the patients had PD and we just trembled together. I loved that group of people and they seemed to enjoy their days there. Why not check out something in your area for your loved one to go one afternoon a week or so? You will both get a much needed break. Or, if you're a friend of a caregiver, consider this gift to give your friend a break.



### Activities

There's a lot of hubbub lately about the benefits of music and dance in the life of a person with Parkinson's. Dance has been known to reduce tremors without any medication adjustments. You could consider taking your PD'er to a dance class as your partner and offer them some great exercise/health benefits at the same time. Or, buy a dance DVD and enjoy the benefits of movement in the comfort of your own home.

*Source: Sherri Woodbridge lives with Parkinson's and regularly blogs about her experience with the disease ([www.parkinsonsjourney.com](http://www.parkinsonsjourney.com)).*

## 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](mailto:jblake@parkinson.bc.ca) for more information.**





## Benefits of a caregiver support group

Whether you are caring for a partner, parent or friend, one source for help that most people who have gone through a similar experience can agree on is the help of support groups. When you attend a support group, you meet other people who are in the same situation as yourself. You begin to understand that you are not alone and the emotional roller coaster that you are going through is normal. The mutual encouragement that you can receive from a support group can boost your emotional, and even physical, well-being.

For families and friends who care for a person with Parkinson's, talking with others who are going through the same experience can be a vital lifeline. PD support groups provide a place where caregivers can seek respite, express concerns, share experiences, get tips and receive emotional comfort.

Regardless of format, in a support group, you'll find people with problems similar to yours. Members of a support group typically share their personal experiences and offer one another emotional comfort and moral support. They may also offer practical tips to help you cope with your situation.

Benefits of participating in support groups may include:

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving your coping skills and sense of adjustment
- Talking openly and honestly about your feelings
- Reducing distress, depression or anxiety
- Developing a clearer understanding of what to expect with your situation
- Comparing notes about resources, such as doctors and alternative options

### *Young Onset caregiver support groups*

Improved diagnostic tests and increasing awareness of Parkinson's mean that more and more people are now being diagnosed at early stages of PD. People in the early stages often still have good coping skills and are intensely aware of themselves and their symptoms. They also may feel considerable distress, embarrassment, and isolation because of a perceived stigma associated with the disease.

As a result, a growing number of people with early-stage PD and their family members are looking for coping strategies, meaningful activities, and mental stimulation. They are eager to educate themselves about PD, share common experiences, and break the potential barriers and isolation caused by their diagnosis. This has led to the formation of early-

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stage support groups specifically designed to meet their needs.

Are you interested in joining a Young Onset caregiver support group? A few people have mentioned that they would enjoy the opportunity to talk with others about the unique experiences of a younger caregiver. Please contact Courtney Hanna at 604 662 3240 | 1 800 668 3330 | [channa@parkinson.bc.ca](mailto:channa@parkinson.bc.ca).

### **PSBC introduces a new caregiver support group series**

In 2015, we are piloting a new caregiver support group format. It will involve a six week support series consisting of meeting once a week for two hours. There will be 10–12 caregivers in this group and it will be closed—no new participants will join throughout the group sessions.



The sessions will be semi-structured, but driven by participants' needs. The facilitator will present different topics, and participants will engage in discussion. The series will focus on the personal experiences of participants, which means that group members are the experts as opposed to the facilitator. The facilitator is there to help the group go in the direction the group members have chosen by enabling everyone to participate effectively.

The goals of the support group series are to:

- Reduce caregiver stress
- Improve coping mechanisms
- Foster self-help networking
- Empower advocacy and resource knowledge

The pilot series will run in the Lower Mainland. If you would like more information, please contact Stacey Dawes at 604 662 3240 | 1 800 668 3330 | [sdawes@parkinson.bc.ca](mailto:sdawes@parkinson.bc.ca).

### **Final note**

Joining an effective support group can be uplifting and make you a better caregiver. The challenges that you go through as a caregiver are being experienced by other caregivers. Isolating yourself will not solve the problems—they will get worse. Join a support group today, share your knowledge and become a better caregiver.

Find a group in your area at [www.parkinson.bc.ca/Self-help-Support-Groups](http://www.parkinson.bc.ca/Self-help-Support-Groups)

## **West Coast College of Massage Therapy**

613 Columbia Street  
New Westminster, BC

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



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 \$12 for people with Parkinson's and \$20 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.



VIEWPOINTS

# holiday greetings



In my first year as CEO of Parkinson Society British Columbia, one thing that stands out above and beyond anything else is passion. Each person I have met cares deeply and genuinely for people with Parkinson's, their caregivers, family and friends. It is that passion that inspires the work that we do. You are at the heart of our cause—thank you for your continued support, kindness and commitment to helping those in need.

## ***It takes a community to fight Parkinson's!***

In 2014, we continued offering many of our services from previous years, but we also discovered new approaches to meet the needs of our community. At our Annual General Meeting in March, our guest speaker, Dr. Ron Postuma, addressed the non-motor symptoms of Parkinson's—a subject that is just beginning to get the attention it deserves. As part of Parkinson's April Awareness Month, we launched a new campaign, *The Parkinson's Movement*, to raise awareness around the benefits of exercise for symptom management. Our community got moving and we raised more than \$60,000 for Parkinson's exercise programs.

We hosted three Regional Conferences, piloted two new exercise programs and delivered two new Voice and Swallow Seminars. Just recently, we invited Dr. Kaitlyn Roland to host a *Time Out for Caregivers* workshop. The feedback on our education events has been overwhelmingly positive and we are excited to plan more events than ever in 2015!

In September, Parkinson SuperWalk was held in 21 communities throughout BC and we raised more than \$429,000! This year, our partnership with The National Research Program through Parkinson Society Canada provided \$435,000 in funding for eight local researchers at UBC.

## ***We couldn't have done it without you!***

Our awareness campaigns, education events and funded research are all made possible because of you. You respond with generosity when we request funds, you are there when we need volunteers and you continually support our community with compassion. We are immensely grateful.

In 2015, with your continued support, we plan to raise our voices even louder through an advocacy campaign, reach new areas of BC with our education events, continue developing innovative programs and provide more resources on disease progression.

We recently learned that the number of people living with Parkinson's in BC has reached 12,500. The need for support grows along with the number of those affected. It is our mission to do everything we can to ensure no one travels the Parkinson's journey alone. Let us walk together, as a community, and start the New Year with strength and hope.

## ***Enjoy a wonderful holiday!***

A handwritten signature in dark ink that reads "Jean Blake". The signature is written in a cursive style and is positioned to the left of a vertical line.

Jean Blake, CEO



**HAPPY**  
*Season's Greetings*  
**HOLIDAYS**  
**AND**  
**HAPPY NEW YEAR**

FROM ALL OF US AT

**Parkinson Society British Columbia!**

In this season of gratitude, we are thankful for the support of our Board of Directors, members, donors and volunteers.

May the warmth and peace of the Holiday Season be yours today and always!

## Creating a legacy for future generations

Your legacy: a better future for everyone touched by Parkinson's disease. You've always been there for others. It's part of who you are. Now, you can continue to give beyond your lifetime.

Legacy Giving is the opportunity to think ahead about the causes that you may want to financially support beyond your lifetime. When you remember Parkinson Society British Columbia in your Will, you'll be supporting leading-edge Canadian research into Parkinson's.

Your Legacy Gift also ensures our volunteers and staff will be able to reach and serve more people with Parkinson's through education, advocacy, and support services. Your Legacy Gift allows us to offer more programs and services, and helps us partner with specialized healthcare and allied professionals to ensure dedicated and appropriate support services throughout BC—especially for people with advanced Parkinson's.

### **Getting started**

First, ensure you have financial security for your lifetime. Second, ensure your family is taken care of. Then, consider your charitable giving. Always visit a lawyer when determining your Will and estate plan. Take time now to gather information and leave instructions in your Will. By planning ahead, you can ensure that your money is spent in the way you want.



### **Benefits**

By writing down your wishes, you will have increased peace of mind and control over your finances. You can provide a significant future donation without reducing your income today.

### **Tax savings**

You are likely to realize significant tax savings with a Legacy Gift. For example, stocks, bonds and mutual funds that you hold can be transferred in your Will to Parkinson Society British Columbia and a tax receipt will be issued to your estate to reduce your overall tax bill. A bequest from your estate of cash or RRSPs will also reduce the taxes that your estate will be required to pay.

### **Wish to give now?**

There are many ways you may wish to give and all provide a tremendous benefit to you and Parkinson Society British Columbia.

**Monthly donation**—Your gift will provide PSBC with stable and predictable resources for as little as \$5 monthly.

**Gift of stocks or securities**—If you donate securities to the Society, you will not pay capital gains tax on the transfer (compared to paying tax on 50% of the capital gain if you sell the shares and donate cash). You will receive a charitable tax receipt for the fair market value of the shares on the date they are transferred to

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“My mother had Parkinson’s and each year, I like to honour her memory by making a gift of public company shares to Parkinson Society British Columbia. I was fortunate to inherit a stock portfolio and some of those stocks have made money, along with taxable gains. By transferring shares to the Society I’m able to take advantage of even greater tax savings than if I had written a donation cheque. It’s a no brainer.”—LINDA

the Society, and you can use that receipt to offset other taxes.

**Gift of life insurance**—You may sign over an existing policy or purchase a new policy and name PSBC as sole owner and beneficiary.



**To learn more**

We have the information you need to help you reach your philanthropic and financial goals.

Please direct your inquiries to Cecilia Tupper:

Parkinson Society British Columbia  
600-890 West Pender Street  
Vancouver, BC V6C 1J9

Phone: 604 662 3240  
Toll Free: 1 800 668 3330  
Email: ctupper@parkinson.bc.ca  
Website: www.parkinson.bc.ca

CRA Charitable Business Number: 11880 1240 RR0001

**The Heroes of Parkinson’s Disease**

A POEM BY REX MOORE

Those who keep getting up after falls and are still attempting the same movements

Those who can’t keep still long enough to tie a neck tie or eat peas from a fork

Those who continue to dialogue with people though their voices are barely audible

Those who freeze up when someone crosses their path but still attend large gatherings

Those who venture out, aware that others notice their odd mannerisms and stone faces

Those who take on new challenges physically and mentally in spite of their afflictions

Those who laugh at depression as a consequence and wonder who wouldn’t be with PD

All of us who continue on life’s journey despite this sentence and that light at the end of the tunnel

*Rex is a former Board Member and was diagnosed with Parkinson’s more than 20 years ago.*



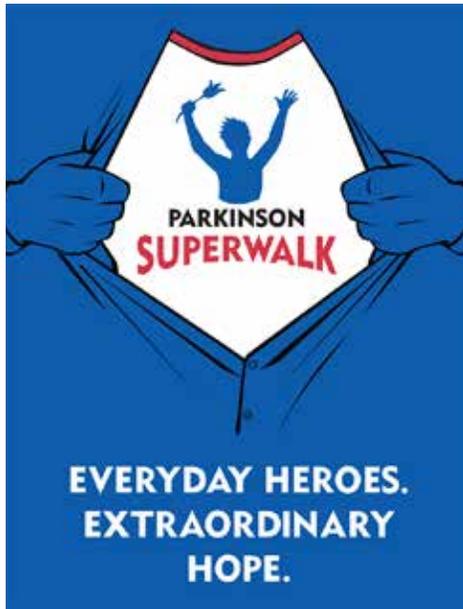
Kelowna

Maple Ridge

Richmond

Vancouver

Top Fundraiser



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

**Thank You British Columbia!**  
**We raised \$429,000\*!**

It takes a community to fight Parkinson's and 21 locations across the province participated in SuperWalk.

Proceeds from Parkinson SuperWalk support research, education and support services.

*You are Parkinson's heroes inspiring extraordinary hope!*



Quadra Island



Kamloops



Elk Valley



Chilliwack



Oliver

# Congratulations!

**James Smerdon** was the top individual fundraiser in BC and **Show Me the Smerdons** was the top fundraising team in BC! Congratulations to **Malindar Sandhu**, SuperStar Walker, who is the lucky BC winner of a two-night getaway at the Magnolia Hotel & Spa—a luxurious boutique hotel in beautiful downtown Victoria, BC. *Courtesy of Magnolia Hotel & Spa.*

## TOTAL RAISED\*\* BY COMMUNITY & ORGANIZER

■ <b>Burnaby</b> \$4,535.00 Linda Dawson	■ <b>Invermere</b> \$5,311.45 Grace Sander	■ <b>Prince George</b> \$14,491.00 Ron Corbett
■ <b>Campbell River</b> \$5,050.00 Jill Suffolk	■ <b>Kamloops</b> \$30,968.17 Rendy Olthuis	■ <b>Quadra Island</b> \$1,890.00 Marjorie Luce-Hadden
■ <b>Chase</b> \$565.00 Barbara Maher	■ <b>Kelowna</b> \$49,146.00 Lucia Boersma & Bob Thompson	■ <b>Richmond</b> \$11,262.09 Nicky Phillips
■ <b>Chilliwack</b> \$7,049.00 Joe MacMillan	■ <b>Nelson</b> \$20,920.00 Bob & Mary Ivison and Garry Kalinski	■ <b>Salmon Arm</b> \$7,559.85 Doreen Wilson and Don Vancise
■ <b>Cranbrook</b> \$6,299.00 Tracy Ellerbeck	■ <b>Oliver</b> \$1,350.00 Tracey Boen	■ <b>Surrey</b> \$31,296.00 Connor Brodie
■ <b>Duncan (Virtual Walk)</b> \$50.00 N/A	■ <b>Parksville</b> \$13,312.25 Doug Pickard	■ <b>Vancouver</b> \$143,009.00 Betty Hum
■ <b>Elk Valley/Sparwood</b> \$15,637.55 Terry Hume	■ <b>Pitt Meadows/Maple Ridge</b> \$21,129.00 Edith Elliott	■ <b>Vernon</b> \$17,553.00 Rhona Parsons
■ <b>Fraser Valley/Fort Langley</b> \$16,280.26 Brenda-Lee Huot		



SPONSORS



Grant Thornton

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

**Kelowna:** Wendy Olinger, Robert Thompson, Garry Toop

**Nelson:** Jeff Zilkie

**Surrey:** Holly Parrish

**Vancouver:** Natalie Moser, Judi Richardson, **James Smerdon—Top Fundraiser \$9,829!**, Linda Thiessen, Deborah Yeates

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

**Kamloops:** Patricia Ballentyne, Jane Osterloh

**Kelowna:** Ralph Ayers, Peter & Marie Baigent, Klaus Kahl

**Nelson:** Robert Ivison

**Pitt Meadows/Maple Ridge:** Peter Ganske

**Richmond:** Jean Nykyforuk

**Surrey:** John Manuel

**Vancouver:** Brian Bovet, Jillian Carson, Tracey-Lee Eddy, Deana Grinnell-Smerdon, Colin MacBeath, Suzanne Stothers, Janet Stuehmer, May Wong

**Vernon:** Colleen Vollan

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

**Burnaby:** Linda Dawson, Michael Dawson

**Campbell River:** Ken Kennedy, Lisa Rutten

**Cranbrook:** Cindy Brkich, Annalee Siemens

**Elk Valley:** Gary Holland, Cailey Hume, Shelly Hume, Terry Hume, Gloria Matatall, Jerome Tracey

**Fraser Valley/Fort Langley:** Marlene Abbott, Elizabeth Holroyd, Colin McKenzie

**Invermere:** Grace Sander

**Kamloops:** Rodney Hobbs, Ruth Konrad, John McCurrach, Rendy Olthuis, Jenica Sawyer, Wesley Stephens

**Kelowna:** Mary de Souza, John Hallam, Deborah Hartley, Paul Leinemann, Diana Neil, Carole Taylor

**Nelson:** Barb Arnott, Garry Kalinski, Jill Leffingwell, Renice Townsend, Irene Wright

**Parksville:** Stuart Jackson, Doug Pickard, Dennis Wrightson

**Pitt Meadows/Maple Ridge:** Susan Allan, Edith Elliott, Cheryl Hardie, Wim Hunfeld

**Prince George:** Crystal Beddome, John Corbett, Ronald Corbett, Steve Erdman, Carolyn Lamb

**Richmond:** Joseph Denofreo, Peggy Nakano, Alan Reynolds

**Salmon Arm:** Lawrence Marlatt, Emile Roy

**Surrey:** Chris Parrish, Deborah Payment, Jason Smith, Michael Taylor, John Unsworth, Sherri Zelazny

**Vancouver:** Elspeth Banerd, Jan Carley, Michael Eddy, Gillian Gallie, Jill Goertzen, Gail Guise, Linda Hale, Kathleen Hallaran, John Hougan, Glenn Karran, Lisa Klatt, Rose Kurysh, Gwenith Lamacraft, David Lanphear, Keith & Patricia Lanphear, Jonathan Mackin, Mariam Manuel, Janet Maybury, Richard Mayede, Ruth Nobbs, Max Nobbs-Thiessen, Alison Norman,

Chelsea Rae-Arthur, Sandra Robertson, Malindar Sandhu, Catherine Sandilands, Kamal Shankaran, Robin Shantz, Bernice Smerdon, John Smerdon, Randy Thomas

**Vernon:** Judith Nelson, Gordon Nuyens, Rhona Parsons, Judy Ringstad

### BC Teams (Raised \$1,000+)

**Campbell River:** The Haggis Bashers

**Cranbrook:** Hope in Bloom, Team Grannalee

**Elk Valley:** Movers and Shakers, Team Matatall

**Fraser Valley/Fort Langley:** McWalker's Movers & Shakers, Team Abbott, Team Elizabeth, Walk 4 Pake

**Kamloops:** Go Granny Go, Hobbs, Team Nonie

**Kelowna:** Group Therapy, Kilts & Clogs, Percs for Parks, Team Thor, Vreni Morel

**Nelson:** Garry Kalinski

**Parksville:** QBSunrise

### Pitt Meadows/Maple Ridge:

For Pete's Sake, Hardie, PD On The Run, Team Whonnock

**Prince George:** Corbett's Crew, GAT Gang

**Richmond:** Jeanne's Hustlers, Team Denofreo

**Salmon Arm:** Sliders

**Surrey:** A&W Cruisers, Abilities Rehabilitation, Shake and Bake, Shake Rattle N Roll, South Delta Support Groups, Team Deb, Walking Manuals

**Vancouver:** Big I, Cooper's Super Troopers, Grant Thornton Everyday Heroes, JAS, Karran Cruisers, Kitco, Lanphear Team, Laurie's Legacy, Mayede—Never Give Up, Red Hot Chili Steppers—Vancouver, Saskatchewan Roots, Screamin' Sandipants, **Show Me The Smerdons—Top Team \$17,819!**, Stubborn Mule, Team Dito, Team Janet, The Phil-Bob's, TWN Wolf Pack

**Vernon:** Barb's Team, Sandy's Superwalkers

\*Total includes regional sponsorship \*\*Does not include national or regional sponsorships

## Proud Moments

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!



### Coast to Coast for Parkinson's

Grady Peat and his daughter Kelley cycled Canada coast to coast—that's 6500km and 10 provinces—from April 26 to June 19 in honour of Grady's lifelong friend and retired fireman, Chuck, who was recently diagnosed with Parkinson's. Their efforts raised \$12,265!



### Dan's Inspiring Journey for Parkinson's

At 81 years old, Dan McGuire continued the solo ride he started last year—cycling from the farthest western point in Canada to the farthest eastern point—and he has Parkinson's. Dan will continue his ride in 2015. To date he has raised \$4,885!

## 2015 CALENDAR OF EVENTS

### February

8

SUNDAY

#### 2nd Annual Chocolate and Beer Tasting

**Date:** Sunday February 8, 2015

**Time:** 4–6 pm

**Place:** Lamplighter Public House, 92 Water Street, Vancouver

**Tickets:** 1 for \$50 / 2 for \$80—40 tickets max to be sold

Join BJCP Master Beer Judge Julian Zelazny and Becks D'Angelo of Take a Fancy Chocolate for a journey through pairing chocolate and beer.

Tickets will make GREAT gift ideas for the holidays. Visit the Latest News section of the PSBC website [www.parkinson.bc.ca](http://www.parkinson.bc.ca) to purchase tickets online.

Check our website at [www.parkinson.bc.ca](http://www.parkinson.bc.ca) in January for a listing of upcoming education events in 2015!



### Kilimanjaro Climb for Parkinson's

What started as an adventure for brothers Ashif, Arzu, Afzal and Adil Suleman cumulated into a tremendous journey for the brothers and close friends Mukesh Jani and John Truchan to fundraise and build awareness for Parkinson's disease. The group climbed in honour of Adil who did not join the journey due to his current Parkinson's symptoms. Congratulations on an incredible feat and for raising \$9,411!

### ZHOOSH Fitness Garage Opening and Fundraiser for Parkinson's

On October 5th, Robyn Murrell, owner of ZHOOSH Fitness Garage in New Westminster, hosted her grand opening with a full day of demos and class trials. Robyn understands the importance of exercise for people with Parkinson's and has raised \$800 and counting!



### Swinging for Papa and Parkinson's

On a sunny day in August, the Carlucci family hosted a baseball game in honour of their papa who has Parkinson's disease. A wonderful community game raised \$1,222!



**Thank you to all our Champions who continue to support PSBC through community fundraising events! If you would like to donate to any of the above events go to <http://www.parkinson.bc.ca/Champions> and click on the event you would like to support at the bottom of the page.**

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](mailto:bhum@parkinson.bc.ca)

## PSBC Staff Changes

### Maternity Leave



Congratulations! **Stacey Dawes**, Information and Programs Manager and **Laura Darch**, Marketing and Communications Manager, will be taking maternity leave in 2015. We wish them all the best with their new bundles of joy!



Top Left: Stacey Dawes  
Bottom Left: Laura Darch  
Right: Caroline Wiggins

### New Staff



Welcome! We are pleased to introduce **Caroline Wiggins** as our new Education and Support Services Coordinator. Caroline is a recent graduate of the University of Victoria with a Bachelor of Arts in Recreation and Health Education. Her studies focused on planning, implementing, evaluating, and supervising recreation, fitness, wellness and health promotion programs, services and policies. She has experience as a Volunteer Coordinator for the City of Surrey where she was in charge of the volunteers for Surrey Natural Areas Partnership. Please join us in welcoming Caroline to the team!



*Your actions have an impact—start planning your event today!*

# Champions FOR PARKINSON'S

Parkinson Society British Columbia

A New Year is upon us and you may be interested in supporting the Society in new ways. How about planning your own community fundraising event?

Become a **Champion for Parkinson's** and raise funds to help us increase our support services across BC, build a strong advocacy campaign and improve quality of life for those affected by Parkinson's!

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

**Movie Night?**  
Popcorn for Parkinson's!

**Pub Night?**  
Pulling Pints for Parkinson's!

**Athletic Event?**  
Nordic Poling for Parkinson's!

**Sunday Brunch?**  
Pancakes for Parkinson's!

**We are here to help you plan a successful event. We provide:  
FRIENDLY SUPPORT · WEBSITE & SOCIAL MEDIA PROMOTION · EVENT KITS**

Your actions have an impact—start planning your event today! Visit [www.parkinson.bc.ca/Events](http://www.parkinson.bc.ca/Events)  
For more information, contact Betty Hum: [bhum@parkinson.bc.ca](mailto:bhum@parkinson.bc.ca) | 604 662 3240 | 1 800 668 3330

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

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