

UPCOMING EVENTS

COMMUNICATION AND SWALLOW WORKSHOP COQUITLAM*

This full day workshop will focus on the communication and swallowing challenges faced by people with Parkinson's (PwP). The interactive and participatory format will allow attendees to practise treatment techniques and gain insight from a registered speech-language pathologist. This workshop is open to those already experiencing communication & swallowing challenges, as well as those who wish to be proactive in their treatment. A catered lunch will be provided.

Date: Friday, March 18, 2016
 Time: 9:00 am – 4:00 pm (registration opens at 8:30 am)
 Location: Poirier Sport & Leisure Complex | 633 Poirier Street, Coquitlam ([map](#))
 Cost: Member \$40.00 | Member (Pair) \$70.00; Non-Member \$50.00 | Non-Member (Pair) \$90.00
 Facilitator: Sherri K. Zelazny, MA RSLP
 Registration: <http://www.parkinson.bc.ca/Coquitlam-Communication-Swallow>

* To ensure the best learning experience, a minimum of 25 participants will be required 7 days prior to the event date. Please be advised that if these numbers are not met, we will be unable to proceed with the workshop and all registrants will receive a full refund.

FREE WORKSHOPS FROM FAMILY CAREGIVERS OF BRITISH COLUMBIA

- *Not in my Family: Working with family caregivers to reduce elder abuse*
 Seniors Come Share Society | 15008 – 26th Avenue, Surrey
 March 3, 2016 – 1:00pm to 2:30pm
 Registration: 604 531 9400 ext 202
- *Not in my Family: Working with family caregivers to reduce elder abuse*
 Hillside Seniors Health Centre | 1454 Hillside Avenue, Victoria
 March 7, 2016 – 1:30pm to 3:30pm
 Registration: 250 370 5641 & press '2' or email wellnesscentreregistration@viha.ca



**Family Caregivers
of British Columbia**

STEP BY STEP

Starting Monday April 11, 2016 PSBC is bringing back the Step by Step program! Step by Step is a 12-week walking program aimed at incrementally improving the number of average daily steps taken. The first week will determine each walker's baseline, and then each week they will be encouraged to increase their steps based on a personal goal. While participants are encouraged to walk and track their own steps, a community group leader will organize a weekly walk allowing walkers to meet, socialize and help support one another.

The goal of this program is to help motivate people to become physically fit to combat the symptoms of Parkinson's disease. We hope to encourage people to continue a regular exercise routine following the program.

Interested in becoming a community group leader? As a team leader you would be responsible for organizing a weekly walk, selecting walking locations and motivating your team! Interested? Contact Caroline cwiggins@parkinson.bc.ca or 1-800-668-3330. Communities that will be participating in Step by Step for 2016 currently include: Chilliwack, Courtenay/Comox, Maple Ridge/Pitt Meadows, Penticton, Prince George, Victoria, West Shore and the Saanich Peninsula.



BRAIN HEALTH FAIR

The Brain Health Fair is a free, daylong event connecting hundreds of neurology patients, families, and caregivers affected by a brain disease, as well as students interested in brain science and the general public interested in brain health. The program is designed and executed by neurologists, with local and national experts, who are on hand to answer questions about the wonders of the brain and the latest research advances.

Date: Friday, April 15, 2015
Time: 10:00 am – 4:00 pm
Location: Vancouver Convention Centre, Ballroom ABCD ([map](#))
Cost: Free
Registration: <https://patients.aan.com/brainhealthfair>

Patients, caregivers, and families will learn about new tools, observed medical equipment in action, gain awareness of the benefits of nutrition and emotional health, and participate in the following fun and informative areas:

- Cranial nerve stations-learn about the nerves that govern your senses
- Prevention and healthy lifestyle tips
- Build a neuron craft
- Swim cap brain art
- Interactive walk-through brain
- Science fair
- Active games in the sports pavilion
- Free bike helmet giveaway

THE VICTORY SUMMIT® BY DAVIS PHINNEY FOUNDATION

The Victory Summit® Parkinson's symposium is a free national educational event of information and inspiration, featuring dynamic presentations from leading movement disorder neurologists and therapists from across Canada and the US. It's an upbeat, fast-paced event of community and connection, filled with laughter and conversation. You will leave feeling motivated and armed with tools to help you be more involved in your own treatment and to improve your quality of life. As one attendee said, "I left this event with the knowledge and hope of how to live well with my Parkinson's."

Date: Saturday, April 30, 2016
Time: 8:30 am – 4:00 pm
Location: Sheraton Vancouver Airport Hotel | 7551 Westminster Hwy, Richmond, BC ([map](#))
Cost: Free
Registration: <http://bit.ly/DavisPhinneyVancouver>



SONGSHINE INSTRUCTOR TRAINING

In partnership with PSBC, *SongShine* Foundation is offering an Instructor Training, May 12-14 2016 (2.5 days). Participants will be trained to teach an integrated voice strengthening method for those with Parkinson's. The method combines singing, drama therapy techniques, creative expression, improvisation, imagination, and speech. Additional components include breath support, physical awareness, and relaxation, all designed for reviving the speaking voice. *SongShine* Foundation is seeking those with experience and/or education in voice, music education, choral music, speech pathology, music or drama therapy, theater arts, or arts in healthcare.

More information on the *SongShine* method, *SongShine* classes, and learning about their passion for restoring voices can be found at their website www.SongShineforParkinsons.org.

Date: May 12-14, 2016
Time: 9:00 am – 3:00 pm (Thursday & Friday), 9:00 am – 12:00 pm (Saturday)
Location: Broadway Church | 2700 E. Broadway, Vancouver, BC ([map](#))
Cost: \$300.00
Registration: <http://www.parkinson.bc.ca/SongShine-Instructor-Training>

Contact Myriame, mlepinelyons@parkinson.bc.ca or 1-800-668-3330 for more information about the training, accommodations, and scholarship opportunities.

REGIONAL CONFERENCE, PRINCE GEORGE

Parkinson's is a journey with different stages and associated challenges. Our regional conferences provide attendees the opportunity to learn from experts and connect with others who have been affected by Parkinson's disease.

Date: Saturday, May 28, 2016
Time: 10:00 am – 4:00 pm (registration opens at 9:30 am)
Location: Westwood Church | 2658 Ospika Blvd S, Prince George ([map](#))
Cost: Member \$30.00 | Member (Couple/Pair) \$50.00
Non-Member \$40.00 | Non-Member (Couple/Pair) \$70.00
Registration: Coming soon

COMMUNICATION AND SWALLOW WORKSHOP, CASTLEGAR

This full day workshop will focus on the communication and swallowing challenges faced by people with Parkinson's (PwP). The interactive and participatory format will allow attendees to practise treatment techniques and gain insight from a registered speech-language pathologist. This workshop is open to those already experiencing communication & swallowing challenges, as well as those who wish to be proactive in their treatment. A catered lunch will be provided.

To ensure the best learning experience, a minimum of 25 participants will be required 7 days prior to the event date. Please be advised that if these numbers are not met, we will be unable to proceed with the workshop and all registrants will receive a full refund.

Date: Friday, June 3, 2016
Time: 9:00 am – 4:00 pm (registration opens at 8:30 am)
Location: Sandman Hotel Castlegar | 1944 Columbia Ave, Castlegar ([map](#))
Cost: Member \$40.00 | Member (Couple/Pair) \$70.00
Non-Member \$50.00 | Non-Member (Couple/Pair) \$90.00
Facilitator: Sherri K. Zelazny, MA RSLP
Registration: Coming Soon

ANNUAL GENERAL MEETING

Save the date! On Saturday, June 11, 2016, PSBC will hold its Annual General Meeting featuring keynote speaker Dr. J. Eric Ahlskog, PhD, MD of the Mayo Clinic, Minnesota.

WORLD PARKINSON CONGRESS

Date: September 20 – September 23, 2016

Location: Oregon Convention Center | 777 NE Martin Luther King Jr Blvd, Portland, OR

Will you be joining us in Portland for the WPC 2016 and have an interest in music, voice and Parkinson's disease? [Learn more](#) about the secret project with Marimba Artist and Choir Director Judi Spencer!

Parkinson Society British Columbia's WPC Scholarship Program: We are proud to offer scholarships to those with financial limitations that may prevent them from attending the 2016 World Parkinson Congress. In providing these scholarships, our hope is to increase the diversity of leadership in BC's Parkinson's community. For more information, please visit: <http://www.parkinson.bc.ca/PSBC-WPC-Scholarship-Program>



For a listing of all upcoming events, visit our [events calendar](#).

FEATURED BOOKS FROM OUR LENDING LIBRARY

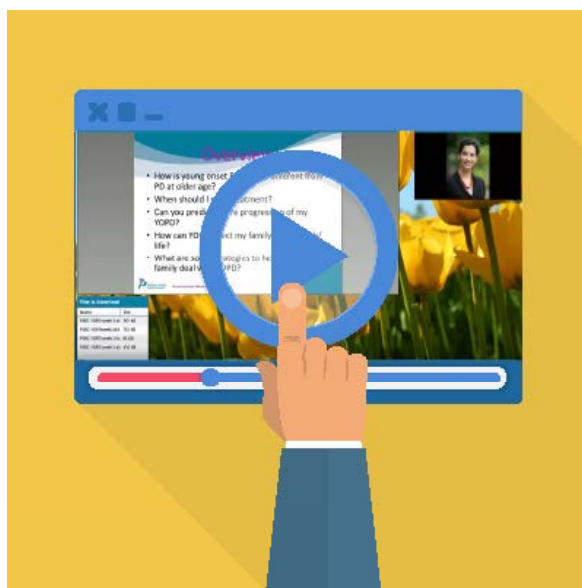
1. **Living a Healthy Life with Chronic Disease. Lorig et al. (2007).** The guide is full of tips, suggestions, and strategies to deal with chronic illness and symptoms, such as fatigue, pain, shortness of breath, disability, and depression. It encourages readers to develop individual approaches to setting goals, making decisions, and finding resources and support so that they are able to do the things they want and need.
2. **Mayo Clinic Book of Alternative Medicine, 2nd Edition. (2016).** This new book is your guide to safe and effective therapies from the world of complementary and alternative medicine. This book offers steps you can take on your own to achieve and maintain health and wellness. Developed by Mayo Clinic physicians and editors, this easy-to-understand information addresses natural therapies for covering 20 top health issues.

WEBINAR RECORDINGS

Every Tuesday in the month of February, we held a webinar session specifically designed to provide support to those with Young Onset Parkinson's Disease.

Recordings of these sessions are available online at:

<http://www.parkinson.bc.ca/young-onset>



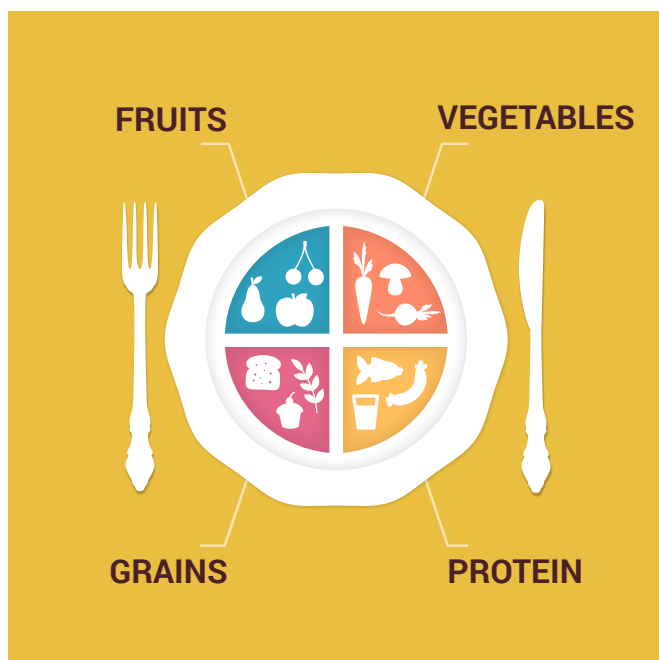
SUBSCRIBE TO GROUPLINK!



If you wish to receive personal copies of GroupLink, our monthly newsletter, to your email inbox, please connect with Caroline, cwiggins@parkinson.bc.ca. Going forward, you will receive an email which will bring you to this newsletter at the beginning of every month.

There is no evidence to suggest that specific diets or nutrients affect the progression of Parkinson's disease. However, good nutrition plays a particularly critical role for individuals with Parkinson's disease. A balanced diet helps to maintain your energy, contributes to brain health, maximizes the potential of medications and promotes well-being (American Parkinson's Disease Association, 2009). Each individual's needs for nutritional intake will vary, so it is best to consult with a doctor to determine what is best.

Generally, a balanced diet involves eating regularly and not skipping meals, eating from a variety of food groups and eating to maintain a healthy weight (Traviss, 2007). Following the guidelines provided in [Eating Well with Canada's Food Guide](#) will ensure that you are getting the recommended daily servings you need for each of the four food groups.



TYPES OF FOOD TO KEEP A CLOSER EYE ON

- Neuroprotective foods (e.g., nuts, herbs)
- Anti-inflammatory foods (e.g., fish, dark leafy greens)
- Antioxidants (e.g., purple and red fruits)

PROTEIN RESTRICTION: IS IT NECESSARY?

- Protein restriction is not necessary nor is it recommended for most people with Parkinson's disease, as it can encourage malnutrition.
- People who notice that protein affects the effectiveness of their medication can avoid consuming high protein foods at the time medication is taken.

NUTRITION-RELATED MEDICATION SIDE EFFECTS

- Nausea, vomiting and poor appetite are common side effects of medications used to treat Parkinson's disease.
- Many of these side effects decrease as medication tolerance develops.
- If nausea persists, it may be beneficial to take medications with food (e.g., crackers, cookies or fruit). If this isn't helpful, see your physician, as you may need a medication for nausea.

BONE HEALTH

- People with Parkinson's disease are at risk for weak bones prone to fracture (osteoporosis).
- Diet & activity are key factors. Dietary influences: Calcium & Vitamin D.
- Foods high in calcium include: dairy products, fortified soy milk, fortified orange juice, canned fish with bones (salmon + sardines), baked beans, almonds and broccoli.
- Vitamin D is obtained primarily from eating fortified milk products and exposure to sunlight.
- Many people have difficulty obtaining enough calcium and vitamin D and may need to take supplements.

CONSTIPATION

- Constipation is a problem for many people with Parkinson's disease (poor appetite, inadequate physical activity, medication side effects, and effects of the disease on the intestine are factors).
- To maintain regularity, increase fluid, fibre and activity.

BODY WEIGHT

- Involuntary movements in Parkinson's disease burn lots of energy and encourage weight loss.
- Depressive symptoms, which are common in Parkinson's disease, can result in decreased appetite and further likelihood of weight loss.
- To eat enough it may be necessary to have small, frequent meals, and to include some high calorie foods (cream, ice-cream, butter, sauces, special high calorie drinks and desserts).

COMMUNITY RESOURCES

- Outpatient nutrition counselling is available at many hospitals by physician referral.
- Dial a Dietitian – free nutrition hotline | 604-732-9191 | 1-800-667-3438
- Pharmacists Clinic at UBC (drug information service for the public) | 604-827-2584 | pharmacists.clinic@ubc.ca | www.clinic.pharmacy.ubc.ca

WEBSITES

- BC Dairy Foundation online calcium calculator: <http://bcdairy.ca/nutritioneducation/calciumcalculator/>
- Canada's Food Guide (2011): http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html
- Dial-a-Dietitian (nutrition information on a variety of topics): <http://www.dialadietitian.org/>
- Dietitians of Canada: <http://www.dietitians.ca>
- Osteoporosis Society of Canada: <http://www.osteoporosis.ca>

Source: Karol Traviss, MSC, RD, March 2007



Nutrition adjustments can help ease some of PD's most common symptoms, both of a motor and a non-motor nature. Some of the best evidence found to help PD is found in foods that are neuroprotective, anti-inflammatory, and antioxidants. For instance, some studies suggest that drinking green tea – three cups a day – is neuroprotective, because epigallocatechin gallate (EGCG), a catechin found in green tea, is both an anti-inflammatory agent and an antioxidant. Avoiding dairy can also help maintain necessary serum uric acid.

When it comes to preparing meals for someone with Parkinson's, it can sometimes be hard to think of one that will be both nutritious and balanced. Moreover, as a carepartner it's also important for you to eat healthy. This may enable you to have sustained energy throughout the day, be in a better mood, etc. Here are some recommended meals for breakfast, lunch and dinner.

Recommended breakfast for PwP includes:

- Eggs (scrambled, poached, fried, quiche, frittata)
- Nut based granolas
- Muffins made with nut and coconut flours
- Smoothies (berries, coconut milk, ice)
- Caffeine
- Avoid: pastries, processed cereals, pancakes and yogurt.

Recommended lunch & dinner with PwP includes:

- Meat and vegetable (protein, fiber, complex carb)
- Sushi
- Salad with protein
- Curry and rice
- Nuts and fruit
- Avoid: simple carbs (pasta, pizza, white breads), cheese, high fructose corn syrup and high fat.

If drinking more water leads to urinary incontinence or urgency, increase fluid intake by eating foods with a high water content in place of beverages. These include tomato, cucumber, radish, celery, broccoli and grapefruit. If your loved one struggles with weight loss or loss of appetite – both common in PD – try increasing their calorie intake by eating nuts and foods that contain healthy fats, like coconut and avocado. To stimulate appetite, try bitter greens like collard and beet greens, or hot spicy foods. Exercise can increase muscle mass and hunger as well.

Fatigue and sleep difficulties are also common symptoms of PD. If either or both of these are a problem, the culprit may be sugar. When eaten during the day, sweets briefly boost energy, but make you and your loved one with PD sleepy later. When eaten in the evening, they may keep you awake. Another reason to limit sugar is that it causes a spike in blood glucose, which contributes to inflammation. When reaching for a snack, try foods that offer a balance of protein and fat, like nuts or avocado, or whole-grain complex carbohydrates.

With this brief food guide, you can become more aware of the types of food groups that you are currently eating, those that may need more attention, and those to avoid.

Another great resource that can help you plan food and nutrition is the United Way of Lower Mainland's *Family & Friends Caregivers Handbook* - <http://www.uwlm.ca/wp-content/uploads/2015/06/Caregivers-Guide-2016-web.pdf>. From grocery shopping to meals at seniors' centres, this handbook informs caregivers about food and nutrition services that you can access to make life easier.

Source: Heather Zwickey, PhD, 2015