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OCT 2015

UPCOMINGEVENTS



VICTORIA REGIONAL CONFERENCE

Parkinson's is a journey with different stages and challenges. This October, join us in Victoria to learn from leading experts in the field – helping you to live well at every stage. Lunch and refreshments will be provided, including free parking.

Date: Saturday, October 17, 2015
Time: 10:00 am – 4:00 pm (registration begins at 9:30 am)
Location: Sandman Hotel | 2852 Douglas Street, Victoria
Fee: \$30 Members | \$40 Non-members

REGISTER

CAREPARTNER CONNECT

Providing emotional and educational support, Carepartner Connect is a 6-week webinar group for carepartners of people with Parkinson's.

Join us on Thursdays for discussions with carepartners and special guests from BC and Yukon. Topics include: finding thyself, story of an experienced carepartner, future considerations, advanced health planning, advocacy and proactive aspects of caregiving, reality of placement and caregiver wellness.

Date: Thursdays from October 29 to December 3, 2015
Time: 2:30 pm – 4:00 pm
Location: Delivered via webinar. An internet connection is required.
Fees: No Charge

Due to popular demand, this event is now **SOLD OUT**. To be added to the waitlist, please contact:

Myriame Lepine Lyons
Education and Support Services Coordinator, Interim
mlpinelyons@parkinson.bc.ca

NEW DIAGNOSIS SEMINAR

Have you been diagnosed with Parkinson's disease in the last three years? If so, you may benefit from attending our New Diagnosis Seminar this November in Langley. Experts will lend their knowledge to present on topics that provide an overview of the disease, treatment options and tips on staying active to help slow the progression of symptoms. There will also be 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.

Presentations/discussions will include the following:

What is Parkinson's Disease?	Dr. Daryl Wile, MD, MSc, FRCPC
Adjusting to a New Diagnosis	Courtney Hanna, RCC
Panel Discussion	Stephen Gardner, Pat Mauch, John Hougan & Peggy Mutch
Stay Active and Exercise	Erin Reeds

Please note this event is only open to those who have been diagnosed with Parkinson's disease (and their carepartners) in the last three years.

Date: Saturday, November 14, 2015
Time: 9:30 am - 3:30 pm (registration begins at 9:00 am)
Location: Fort Langley Golf Course | 9782 McKinnon Crescent
Fee: \$30 Members | \$40 Non-members

REGISTER



Photo: Parkinson Society British Columbia attending the Meet the Candidates event on September 10th in Burnaby, BC.

CAREGIVING WORKSHOPS

Are you a Family Caregiver (unpaid family member or friend) taking care of an older adult? Do you often feel overwhelmed, stressed, frustrated and alone?

The BC Centre for Elder Advocacy and Support (BCCEAS) and Family Caregivers of BC invite you to attend a free workshop, teleseminar or webinar, titled "Caring for Older Adults through Self-Care".

Learn how to protect older adults by:

- Staying healthy while caregiving
- Avoiding isolation
- Improving communication
- Reducing stress

3 in-person workshops will be offered:

1. September 23, 2015 - 6:00pm - 8:00pm
Renfrew Park Community Centre (2929 East 22nd Ave, Vancouver)
Register by calling 604-257-8388
2. October 5, 2015 - 6:00pm - 7:30pm
MS Society Victoria branch (1004 North Park Street, Victoria)
Register by calling 250-384-0408 or emailing familycaregiversbc@gmail.com
3. Oceanside (Parksville/Qualicum Beach) to be determined

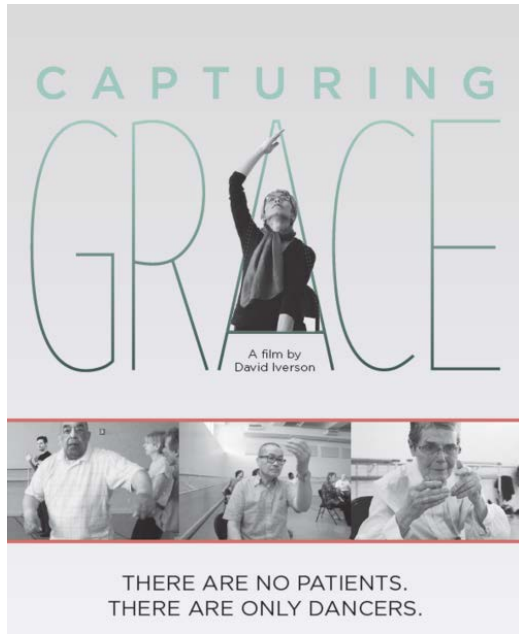
10 teleseminars/webinars will be offered through The Caregiver Network
Sign up by calling 1-866-396-2433 or online at <http://thecaregivernetwork.ca>

For more information, please contact Lin Chen, BCCEAS Workshop and Outreach Coordinator, at 604-688-1927 ext. 225 or email LChen@bcceas.ca.



BC CENTRE FOR ELDER
ADVOCACY
AND SUPPORT

ON SALE: MOVIES FROM THE SUMMER MOVIE SCREENINGS



Didn't get a chance to catch our summer movie screenings? Liked the documentaries so much you can't wait to share them with your friends and family? Either way, we've got you covered!

- Undefeated (\$10) [purchase through PSBC]
- The Astronaut's Secret (\$20) [\[BUY\]](#)
- Capturing Grace (\$25 + shipping) [\[BUY\]](#)

NEW LENDING LIBRARY RESOURCES



offers helpful guidance to find an effective treatment for your ear-related problems -- one that fits your individual needs and lifestyle.

- **10 Breakthrough Therapies for Parkinson's disease by Dr. Michael Okun.** In this book Dr. Okun reviews all of the recent breakthrough ideas and therapies in Parkinson's disease, and he reviews the knowledge gained which is extending far beyond a single drug or stem cell.

• **Being Mortal by Atul Gawade.** Full of eye-opening research and riveting storytelling, Being Mortal asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.

• **Mayo Clinic on Better Hearing and Balance.** Two of the most common reasons people visit a doctor are hearing loss and dizziness. Now you can get the expertise of Mayo Clinic right in your home to improve them both. This book



Renew your membership!

It's that time of the year again! For only \$25, you will receive an annual membership for you and your household valid until December 31, 2016.

- Get discounts on events that are not to be missed
- Receive *Viewpoints*, our quarterly newsletter
- Vote at our Annual General Meeting and add your voice to the community

RENEW TODAY!

Visit www.parkinson.bc.ca.

Questions?

Call or email Susan Atkinson
604 662 3240 | 1 800 668 3330
satkinson@parkinson.bc.ca

RESEARCH PARTICIPANTS NEEDED:

Enabling Mobility and Participation among those with Disabilities (dEMAND)

Dr. Ben Mortenson and his research team are conducting a study to understand the physical and social barriers people with mobility impairments face getting around their community using various mobility devices (e.g. wheelchairs, scooters, crutches, canes, walkers). They are currently recruiting participants for this project.

READ MORE

RESEARCH PARTICIPANTS NEEDED:

Galvanic vestibular stimulation (GVS) and Parkinson's disease (PD) – Pilot study

SFU & Fraser Health are inviting people with PD to participate in a research study to examine the effect of GVS on walking (freezing). GVS is the process of sending specific electric stimulation to a nerve in the ear, by placing electrodes behind the ear.

Eligibility Criteria:

- Age between 35-85 years
- Neurologist confirmed diagnosis of PD or Parkinsonism
- Individuals with PD who are mild to moderately affected while on medication
- Ambulatory individuals, able to walk 20 meters with or without assistive device (example: cane or walker)
- Able to understand the study, follow commands and consent to participate in the study

Eligible participants are required to come to one of the following sites:

- Guildford Seniors Village (14568 104A Avenue, Surrey)
- Simon Fraser University, Burnaby (SFU)

When: Six times, for approximately two hours each. Time and parking compensation is provided.

If you are interested in participating, please contact:

Bubblepreet Randhawa | (604) 953-4950 Ext. 764983 email:
bubblepreet.randhawa@fraserhealth.ca

Thank you!

Tiffany Zak (left) & Katherine Wisener (right)



"We formed our team in memory of Michael Lusher, who passed away in 2011 after a 10 year battle with Parkinson's Disease. Parkinson's is a horribly debilitating disease & we wanted to do our part in raising money for research to someday find a cure."
Maple Ridge - Pitt Meadows, BC



Kelowna, BC

Oliver, BC



Vancouver, BC



Parksville, BC

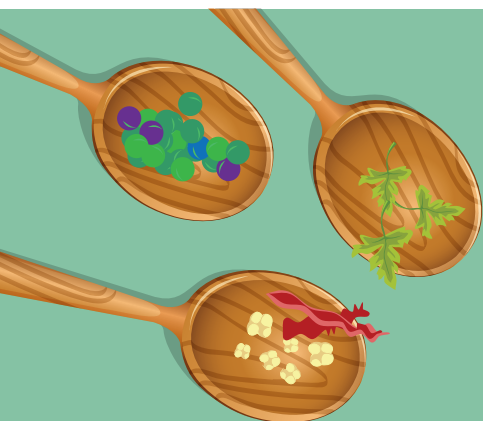
\$364,705
and counting!

SUPERWALK TOTALS

Burnaby | \$5699.85
Chase | \$285
Chilliwack | \$6,275.69
Cranbrook | \$2,035.00
Elk Valley (Sparwood) | \$10,517.15
Fort St. John | TBD
Fraser Valley/Fort Langley | \$20,492.00
Invermere | \$2,463.00
Kamloops | \$35,160.00
Kelowna | \$47,190.00
Nelson | \$6,025
Oliver | \$1,817.15
Parksville | \$9,301.00
Pitt Meadows/Maple Ridge | \$30,476.00
Prince George | \$9,902.40
Quadra Island – Virtual Walk | \$100.00
Richmond | \$5,351.00
Salmon Arm | TBD
Surrey | \$25,143.00
Terrace | \$1,000.00
Trail – Virtual Walk | TBD
Vancouver | \$110,088.01
Vernon | \$8,675.00
Victoria | \$18,951.31



Parkinson Society British Columbia
Société Parkinson Colombie-Britannique



The RECIPE RANCH



Slow Cooker Beef Stew

INGREDIENTS

- 3 cups (750 mL) 1" (2.5 cm) potato cubes or mini potatoes, halved
- 2 cups (500 mL) each, baby carrots and sliced celery
- 1 small onion, cut into wedges
- 2 leaves bay leaves
- 1 ½ lb(s) (750 g) 1" (2.5 cm) stewing beef cubes
- ¼ cup (60 mL) all-purpose flour
- ¼ tsp (1 mL) ground black pepper
- 1 Tbsp (15 mL) canola oil
- 2 cups CAMPBELL'S® Ready to Use 30% Less Sodium Beef Broth
- ½ Tbsp (7 mL) Worcestershire sauce
- 1 Tbsp (15 mL) chopped fresh thyme leaves
- 2 cloves garlic, minced

DIRECTIONS

1. Combine vegetables in 4½ qt (4.3 L) slow cooker. Add bay leaves.
2. Place stewing beef, flour and pepper into a sealable plastic bag and toss to coat beef.
3. Brown beef well on all sides in heated oil over medium-high heat in large non-stick skillet. Place beef on top of vegetables in slow cooker.
4. Add broth, Worcestershire sauce, thyme and garlic to skillet and combine well with pan drippings. Pour mixture over beef and vegetables.
5. Cook, covered, on HIGH setting for 4 hours* or until the beef reaches internal temperature of 165°F (74°C) and is fork-tender. Discard bay leaves before serving.

Recipe taken from [Food Network](#)

Have a recipe you'd like to share? Send it to Alicia Wrobel, Manager, Marketing & Communications at awrobel@parkinson.bc.ca and you may see it in the next issue of GroupLink!

ART *from the* HEART



Rendy Olthuis
Kamloops, BC

Rendy was the organizer of the Kamloops SuperWalk, a contributor to the peer review of our website and facilitates the support group in her area. In her free time she makes beautiful rugs, like the one pictured here, made out of recycled wool.

Have a sketch, painting, sculpture, story, poem or other creative work you'd like to share?

Send it to Alicia Wrobel, Manager, Marketing & Communications at awrobel@parkinson.bc.ca and you may see it in the next issue of GroupLink!

Practicing and Cultivating Gratitude

Introduce the topic by asking these questions:

1. What is gratitude?
2. How do you practice gratitude?

The Power of Focus

The focus of our mind matters. Why? Because we tend to act in ways that reflect our focus and attention. This type of awareness can be beneficial for individuals with Parkinson's disease. Exerting conscious thinking for our actions can help us move with more ease, and become more mindful of our surroundings as well as our mind-body-soul. The "power of focus" can also help us be present and cultivate gratitude.

When focusing on the negative in our life, like that bothersome tremor, dyskinesia or softened voice, our mood may dampen. However, when focusing on the positive our mood elevates! Thinking back on fond memories, upcoming social events or anticipating a visit from the grandchildren can bring our moods up. We have the mind power to change our thinking, and subsequently our mood. Just like our muscles with physical exercise, we need to exercise our minds with positive thinking and heart with love. Being conscious of the good things in life and thinking positively is one thing; being grateful for such things is another.

Cultivating an "attitude of gratitude" has been linked to better health, sounder sleep, [less anxiety and depression \(both of which are known to be symptoms of Parkinson's for at least 50% of individuals with Parkinson's\)](#), higher long-term satisfaction with life and kinder behavior toward others, including [romantic partners](#).

This fall is a time when we can practice and cultivate gratitude. Here are some steps we can all take for giving thanks to ourselves and others in our life — or at least getting through Thanksgiving dinner:

1. **Set the tone in the mornings.** Each morning for the next week, review what you are grateful for. Ask yourself: What is good in my life? What do I have to be thankful for? Who do I love who also loves me? What are the opportunities I have this day for enjoyment, pleasure, fun? What are the possibilities that exist to do something good or helpful? By setting a positive tone in the morning, you can set the happiness tone for the day.
2. **Start with "gratitude lite".** That's the term used by Robert A. Emmons, of the University of California, Davis, for the technique used in his pioneering experiments he conducted along with Michael E. McCullough of the University of Miami. They instructed people to keep a journal listing five things for which they felt grateful, like a friend's generosity, something they'd learned, a sunset they'd enjoyed. The gratitude journal was brief and done only once a week, but after two months there were significant effects. Compared with a control group, the people keeping the gratitude journal were more optimistic and felt happier. They reported fewer physical problems and spent more time working out. "If you want to sleep more soundly, count blessings, not sheep," Dr. Emmons advises in *Thanks!* his book on gratitude research.

“Gratitude is more than just feeling good,” says Nathan DeWall, who led the study at Kentucky. “It helps people become less aggressive by enhancing their empathy. “It’s an equal-opportunity emotion. Anyone can experience it and benefit from it, even the most crotchety uncle at the Thanksgiving dinner table.”



3. Practice on your family. “Do one small and unobtrusive thoughtful or generous thing for each member of your family on Thanksgiving,” says Sonja Lyubomirsky of the University of California, Riverside. “Say thank you for every thoughtful or kind gesture. Express your admiration for someone’s skills or talents — wielding that kitchen knife so masterfully, for example. And truly listen, even when your grandfather is boring you again with the same World War II story.”

4. Stop and smell the roses. Practice being present and appreciate the environment around you. Of course we all want to enjoy those big things in life – physical health and vitality; a loving, lasting relationship; the warmth of a close-knit family; a vibrant, engaging career; financial security. When we have these, we would be wise to be grateful for them. But we can also take pleasure in and be grateful for the little things as

well – the beauty of the snow in the woods behind the house, a child’s laughter, the warmth of a blanket as one snuggles down to sleep at night. These types of moments are available many times each day. All it takes is for us to be alert to them and to savor them as they present themselves.

Leave the group with the following questions:

1. Who or what inspired me today?
2. What brought me happiness today?
3. What brought me comfort and deep peace today?

Adapted from the *New York Times* article “[A Serving of Gratitude May Save the Day](#)” and *Psychology Today*’s article “[Happiness with Life 3: Practice Gratitude](#)”.

Finding the Joy in Caregiving



Ask a caregiver how he or she feels and you'll likely hear responses like "stressed," "sad," "frustrated" or "we had a difficult day." One might wonder if "good" days are even possible for caregivers.

Dwelling on the drawbacks may be more common for some than others, and there may be a variety of reasons for this. Some may say it's a bit of human nature; we tend to talk more about our negative experiences than our positive ones. Caregivers are often exhausted by the events of the day (or holidays), and focus on the things that went "wrong". Supporting someone with Parkinson's can be a lot of work for one person, and caregivers may have "bad

days". That's okay, we can't deny reality. That being said, there may be many "hidden" benefits of caregiving, such as:

- **Enhanced family dynamics.** Siblings or friends can often bond as they work together to provide eldercare. Improved communications and collaboration can result as the goal is often to aid the individual with Parkinson's in a beneficial way. By sharing the workload, relationships may actually be strengthened for life.
- **Improved relationships.** Your loved one's changing health can pave the way to stating new needs and desires for both partners. This dialogue may improve relationships, creating closeness and a new-found appreciation for partnership. Something that may have been lost amongst the medical appointments, medication schedule and social activities.
- **Increased self-esteem.** When accomplishing something different (or even something outside our comfort zone), it can make us a stronger and more self-confident individual. Building caregiving skills doesn't stop once a child becomes independent, as we all know too well it continues into adulthood and more. Caregivers are constantly learning and it takes flexibility of the mind-body-soul to do the work. Flexibility can lead to growth, which can lead to developing new skills, and increasing our self-esteem.

Sometimes we forget to look beyond the window, and at the vibrant garden that lies below. Don't forget the good times, the funny times and the loving times!

Adapted from [Caregiver Solutions article](#).

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