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NOV 2015

## UPCOMINGEVENTS

### NEW DIAGNOSIS SEMINAR

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. Although this session will be particularly beneficial if you've been diagnosed with Parkinson's disease recently, others with PD (and their carepartners) may benefit from attending.

Presentations/discussions will include the following:

<b>What is Parkinson's Disease?</b>	Dr. Daryl Wile, MD, MSc, FRCPC
<b>Adjusting to a New Diagnosis</b>	Courtney Hanna, RCC
<b>Panel Discussion</b>	Stephen Gardner, Pat Mauch, John Hougan & Margaret Mutch
<b>Stay Active and Exercise</b>	Naomi Casiro

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**

### DIALOGUE ON AGING

*This event is presented by Tapestry Foundation for Health Care.*

Good nutrition is part of a healthy lifestyle. Meeting your nutritional needs is best achieved through eating nutrient-rich foods. What are these nutrient-rich foods? Are supplements ever indicated? Join registered dietitian and researcher Liz da Silva for an informative and fun session. ([read more](#))

Date: Tuesday, November 10, 2015  
 Time: 2:00 pm – 3:30 pm  
 Location: Surrey City Hall - Council Chambers | 13450 104th Avenue, Surrey  
 Fees: No Charge

**For registration, please visit:**

[www.tapestryfoundation.ca](http://www.tapestryfoundation.ca)

or call 604.806.9480

## *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](http://www.parkinson.bc.ca).

Questions?

Call or email Susan Atkinson  
604 662 3240 | 1 800 668 3330  
[satkinson@parkinson.bc.ca](mailto:satkinson@parkinson.bc.ca)

## **ONLINE AUCTION**

Parkinson Society British Columbia's fall auction opens on Thursday, November 19th! Stay tuned for more details on the great items that will be available for bidding.

## **NORTH SHORE HIKE FOR PARKINSON'S**

Join Alisdair Taylor, a Parkinson's researcher from UBC, as he hikes the North Shore to raise funds for Parkinson Society British Columbia!

Participants will hike 24 kilometers along the Baden Powell Trail starting from the base of Grouse Mountain and ending in Deep Cove.

Hikers are asked to make a donation to Parkinson Society British Columbia and encourage friends and family to do so as well. The North Shore Hike for Parkinson's donation page will be available soon. See you there!

Date: Saturday, November 28, 2015  
Time: 8:00 am  
Location: Base of Grouse Mountain

### **MORE INFO**

## **CARING FOR OLDER ADULTS THROUGH SELF-CARE**

Family Caregivers of British Columbia present two upcoming webinar sessions for caregivers and seniors.

### **Acceptance: A Transformative Concept**

November 2, 2015 | 6:30 pm - 8:00 pm  
Presented by: M. Allison Reeves, M.A.

[REGISTER](#)

### **Decision Overload**

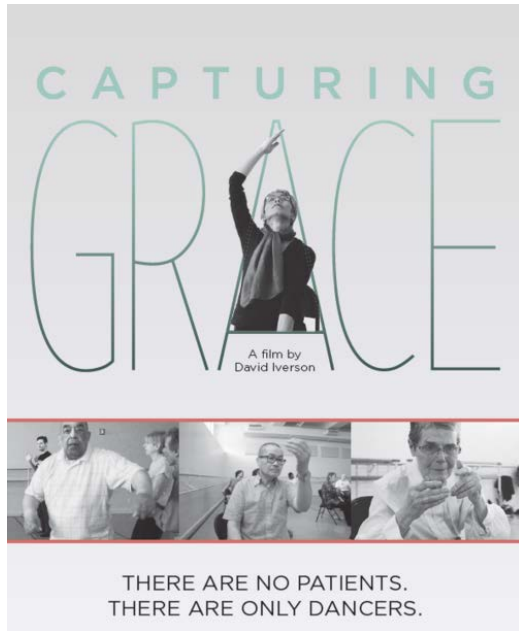
November 17, 2015 | 6:30 pm - 8:00 pm  
Presented by: M. Allison Reeves, M.A.

[REGISTER](#)



**Family Caregivers  
of British Columbia**

## 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!

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

## NEW LENDING LIBRARY RESOURCES



Our library consists of books and DVD's that can be borrowed from our Vancouver office if you are a member of the Society.

**To borrow a book, please contact:**

Myriame Lepine Lyons: 604.662.3240 |

1.800.668.3330 | [mlepinelyons@parkinson.bc.ca](mailto:mlepinelyons@parkinson.bc.ca)

- **PWR!Moves™** – A PWR!Guide to a Parkinson-specific Exercise Program with Animated DVD!
- **COMING SOON! The New Parkinson's Disease Treatment Book:** Partnering with your doctor to get the most from your medications by Dr. Eric Ahlskog. 2015

For a full listing of available resources, visit: <http://www.parkinson.bc.ca/lending-library>

## EXTENDING THANKS TO OUR DONORS:

### Angela Wensley

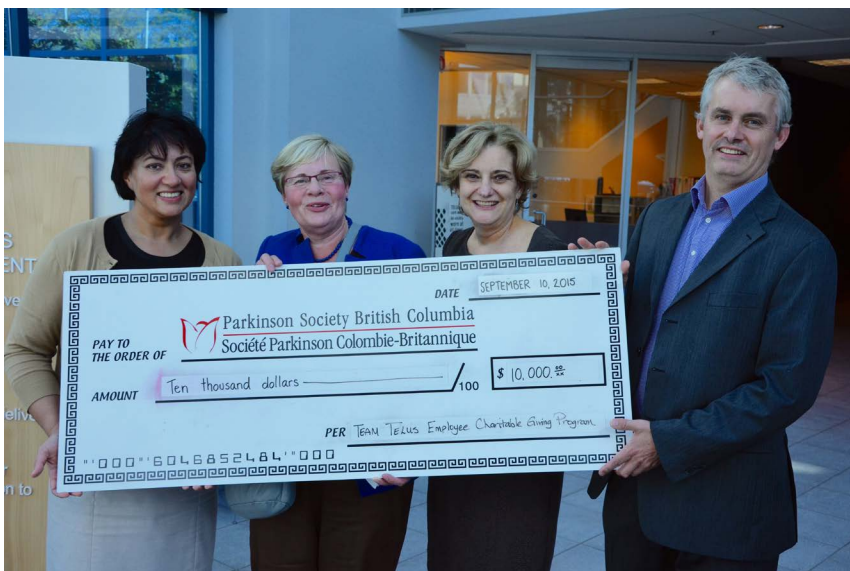


Angela graciously presented a \$5,000 donation to the Society on October 19, 2015 at the Voice & Swallow Seminar in Langley/Surrey.

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."

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

### Team Telus Employee Charitable Giving Program

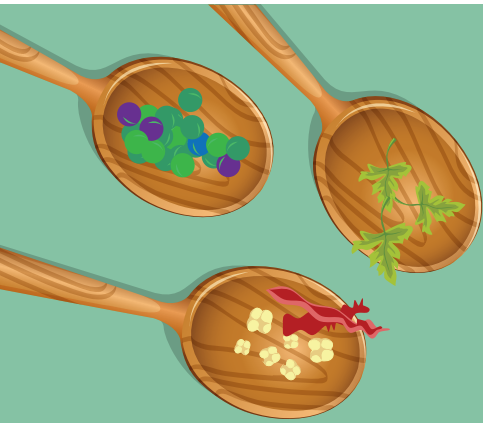


Thank you to the Team Telus Employee Charitable Giving Program for their generous donation of \$10,000.

The cheque was presented to Parkinson Society British Columbia on September 10, 2015.

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





# The RECIPE RANCH



## *Roasted Potato Leek Soup*

### INGREDIENTS

- 2 lb(s) Yukon Gold potatoes, peeled and cut into 3/4-inch chunks
- 4 cups leeks, chopped white and light green parts, cleaned of all sand (4 leeks)
- ¼ cup good olive oil
- Kosher salt and freshly ground black pepper
- 3 cups baby arugula, lightly packed
- ½ cup dry white wine, plus extra for serving
- 7 cups homemade chicken stock
- ¾ cup heavy cream + 8 oz creme fraiche (Tip: Substitute low fat sour cream or yogurt for both portions of heavy cream and creme fraiche. For a slightly thinner broth, use low fat milk instead.)
- ¼ cup freshly grated Parmesan, plus extra for garnish
- Crispy Shallots, recipe follows, optional
- Crispy Shallots
  - 1 ½ cups olive oil
  - 3 Tbsp unsalted butter
  - 6 shallots, peeled and sliced into thin rings

### DIRECTIONS

1. Preheat the oven to 400°F.
2. Combine the potatoes and leeks on a sheet pan in a single layer. Add the olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper and toss to coat the vegetables evenly. Roast for 40 to 45 minutes, turning them with a spatula a few times during cooking, until very tender. Add the arugula and toss to combine. Roast for 4 to 5 more minutes, until the arugula is wilted. Remove the

pan from the oven and place over 2 burners. Stir in the wine and 1 cup of the chicken stock and cook over low heat, scraping up any crispy roasted bits sticking to the pan.

3. In batches, transfer the roasted vegetables to a food processor fitted with the steel blade, adding the pan liquid and about 5 cups of the chicken stock to make a puree. Pour the puree into a large pot or Dutch oven. Continue to puree the vegetables in batches until they're all done and combined in the large pot. Add enough of the remaining 1 to 2 cups of stock to make a thick soup. Add the cream, creme fraiche, 2 teaspoons salt, and 1 teaspoon pepper and check the seasonings.
4. When ready to serve, reheat the soup gently and whisk in 2 tablespoons white wine and 1/4 cup of Parmesan. Serve hot with an extra grating of Parmesan and crispy shallots, if using.
5. Crispy Shallots
  - Heat the oil and butter in a saucepan over medium-low heat until it reaches 220 degrees F on a candy thermometer.
  - Reduce the heat to low, add the shallots, and cook for 30 to 40 minutes, until they are a rich golden brown. The temperature should stay below 260 degrees F. Stir the shallots occasionally to make sure they brown evenly. Remove them from the oil with a slotted spoon, drain well, and spread out to cool on paper towels. Once they have dried and crisped, they can be stored at room temperature, covered, for several days.
  - Yield: about 1/2 cup

Recipe courtesy of [The Food Network](#).

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

# ART *from the* HEART



**Sue Allan, Pitt Meadows, BC**

Sue Allan is a regular supporter of Parkinson Society British Columbia, and actively participates in several yearly campaigns. This year, she organized an April Awareness event in her local community and creatively made her own cape for Parkinson SuperWalk. When she's not volunteering her time, she paints the beautiful works like those seen above.

**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](mailto:awrobel@parkinson.bc.ca) and you may see it in the next issue of GroupLink!

## *Talk to Your Doc and Healthcare Professionals*

### **Introduce the topic by asking these questions:**

1. How do you engage with your doctors and healthcare professionals?
2. What skills do you use?

### **Importance of Being an Effective Communicator**

- Preparedness and organization go a long way in a 10-15 minute appointment
- Helping to inform doctors/healthcare professionals about what is actually of concern

These above reasons, and more, are important to create a **partnership between your healthcare team**, and you and your family. The intent is to improve communication so that decisions about options for health care are made jointly by the health professional and you, the patient.

### **P.A.C.E. Framework**

Often communicating with a physician can be difficult. The PACE framework was developed by Dr. Donald Cegala at the University of Ohio as an easy way for patients to ensure they are communicating to the best of their ability, contributing to the doctor-patient relationship. Dr. Cegala evaluated the effectiveness of the PACE strategies and found that patients who have been trained to use the PACE communication skills get more information from their doctor and promote patient-physician partnership.

Effective patient communication involves:

**P - presenting** detailed information about how you are feeling

**A - asking** questions if desired information is not provided

**C - checking** your understanding that is given to you

**E - expressing** any concerns about the recommended treatment

### **Presenting**

The information you give to the doctor or healthcare professional about your symptoms, lifestyle, values and family history provides the basis from which these healthcare professionals must make their diagnosis and recommend treatment options. Before your appointment, prepare to present detailed information to your doctor. Some people find it helpful to write a list of their questions or track their symptoms in a journal. Others find it helpful to use the Society's help sheet on [Preparing for a Medical Appointment](#).

### **Asking**

Patients typically don't ask their doctors very many questions, even though virtually all patients claim they want as much information as possible. You can ask questions, not only to solicit information from your doctor but also to get him/her to do act upon the request. For example, you may ask: "What are the side effects of this medication?" or "Could you refer me to a specialist?"



## Checking

It is important that you verify the information your doctor or healthcare professional gives you. You can do this by asking for clarification (e.g., Did you mean I should take only half a tablet a day?), by requests for repetition of information (e.g., Please tell me the name of that test again), or by summarizing what the doctor has said (e.g., So what you are saying is \_\_\_\_\_).

## Expressing

Sometimes patients may have concerns or fears about a particular treatment. It is important that you be honest with your healthcare professionals about any concerns you may have. With any condition there are usually different treatment options. By expressing your concerns you can work with your healthcare professionals to find the treatment that best meets your needs. You may say: "It's important to me that \_\_\_\_\_."

## Leave the group with the following questions:

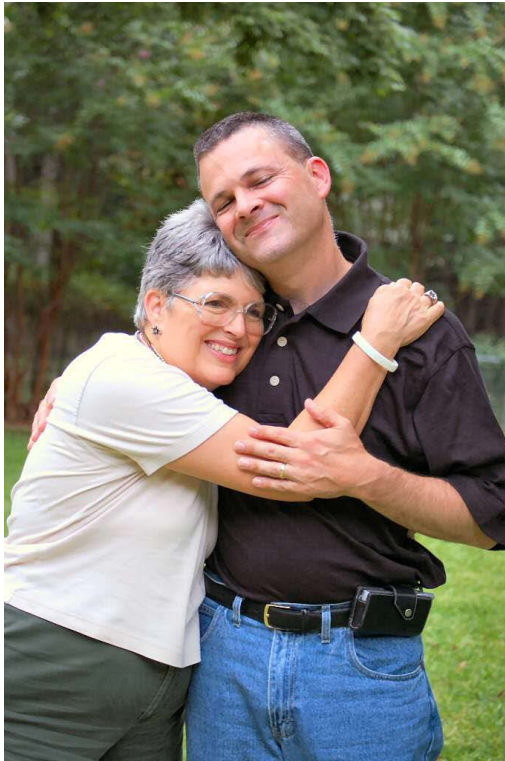
1. How will you practice these new skills?
2. Do you think they may be useful?

Contact Parkinson Society British Columbia if you want to receive more information about the PACE frameworks by calling 604-662-3240 or toll-free 1-800-668-3330.

*Adapted from Angela Towle and William Godolphin at [Patient and Community Partnership for Education](#) at University of British Columbia & [Donald J. Cegala's Talk To Your Doc Booklet](#).*



## *Asking for and Accepting Your Own Support*



Similar to your loved one who has Parkinson's, it is important to make sure you, as a carepartner, are receiving the support you need to live a healthy life. Your own health can be a shared responsibility between you, your loved one, your family and friends, your health community and other communities that you belong to. It begins with doing all you can for yourself, and then learning to accept help, when help is needed.

Sometimes it is hard to accept defeat. Know that asking for help does not mean you are weak or incapable. Instead think of it as getting your needs met. Remember that this is a long distance race, not a sprint. Caring for a person with PD really does mean caring for yourself.

Some ways of gaining support is by linking with other carepartners or caregivers either through a support group or a telephone buddy (e.g., PDLINK). PSBC offers both of these services for those affected by Parkinson's. Our support groups and PDLINK program may be something to consider if you haven't already done so. Having peers with whom you can share information and support can significantly improve your coping capacity. It can also create a sense of togetherness and community.

Feeling alone and isolated can be avoidable; when you reach out to others, you open the door for others to reach out to you.

Here are a few things that family and friends can do for you when you ask for and accept their help:

- Providing a listening ear
- Giving a carepartner a break by offering to stay with her/him loved one
- Inviting the carepartner to go out
- Offering specific help, such as shopping, yard work or banking
- Being supportive of decisions made by the carepartner

If you are currently a carepartner, start by recognizing that you are one, that you are not alone and that there is a range of supports available to help you.

**Accept help.**  
**You owe it to yourself.**  
**You owe it to your loved one.**  
**You owe it to the people who care about you.**

## **Taking Care of You – Carepartner Self-Care Checklist**

- Caregiving can be very stressful - acknowledge this.
- Take care of your own needs. Take a regular break from your caregiving duties to rest & renew energy.
- Set aside regular times to do things you enjoy like, taking a bath, visiting with friends, watching a TV show from start to finish, reading, getting your hair done, listening to music, catching up on your sleep. Remember this is your time to rest and recharge your batteries.
- Exercise - walk, swim, jog, play golf, work in the garden. Do some stretching. Try Tai Chi or Yoga.
- Eat a well-balanced diet. Good nutrition is important to your health.
- Have regular check-ups. Talk to your doctor about any health problems. Use medications with care.
- Try to get enough sleep. Although it may be difficult, sleep is important for staying healthy. If you have trouble getting to sleep, try breathing or relaxation exercises (there are books or tapes to help).
- Build a support network. Keep in touch with friends. You need a life apart from your caring role. If you cut yourself off, you are also cutting off the support that friends will give you. And you will find it hard to pick up the pieces of your life when you are no longer spending so much time caregiving. You might like to join a support group. It is a good way to meet new people who have the same concerns you do.
- Don't try to be superman or superwoman. Be realistic. Think about what really matters most to you. Let the less important things wait and learn to say "no".
- Think about your supports and use them. Talk with other family or friends who could share the responsibilities.
- Find out what resources are available in your community and make contact before or when you need help.
- Reward yourself. Remember to congratulate yourself for all your successes, however small you feel they are.

Adapted from [Fraser Health Handbook for Caregivers](#).

## EXECUTIVE COMMITTEE

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