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UPCOMINGEVENTS

Parkinson Society British Columbia will be changing their look in 2016!
For more information, refer to [page 5](#) of GroupLink!



OFFICE CLOSURE

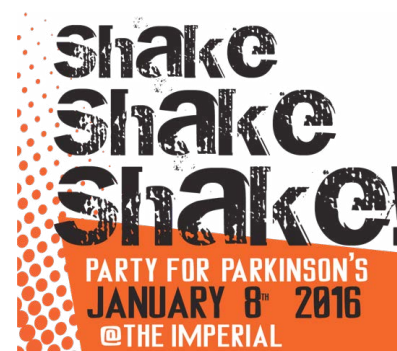
Happy holidays! 'Tis the season to celebrate with your loved ones! We hope that the holidays bring you lots of joy, love and laughter. To celebrate the season, the Parkinson Society British Columbia office will be closed from Friday, December 25, 2015 to Monday, January 4, 2016. See you in the New Year!

SHAKE, SHAKE, SHAKE!

A benefit concert for Parkinson Society British Columbia

Join Emily Chambers, dynamic local vocalist, and other musical guests for Shake, Shake, Shake! Proceeds from this not-to-miss concert will benefit Parkinson Society British Columbia. This event is for ages 19+. Two valid pieces of ID will be required for entry.

Date: Friday, January 8, 2016
Location: The Imperial | 319 Main Street, Vancouver
VIP Reception: 6:30 pm - 8:00 pm
Concert: 8:00 pm (doors open at 7:00pm)
Tickets: VIP Reception \$125 | General Admission \$25
(VIP ticket purchases are eligible for a tax receipt in the amount of \$65)



GET TICKETS

BRAIN HEALTH FAIR

SAVE THE DATE! Friday, April 15, 2016 at the Vancouver Convention Centre, Vancouver, BC, Canada

The Brain Health Fair is a free, daylong event connecting hundreds of neurology patients, families, and care-givers 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.

For more information, please visit: <http://patients.aan.com/go/activities/brainhealthfair>

PARKINSON SOCIETY BRITISH COLUMBIA – 2016 PLANS

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

Regional Conferences

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

Communication & Swallow Workshops

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

Young Onset Parkinson's Disease 4-Week Series

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

SongShine (Train the Trainer)

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

Dance for PD® (Train the Trainer):

- TBC

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

- Vancouver – Saturday, April 30

Annual General Meeting

- Lower Mainland – mid-April (TBC)

Step by Step, 12 Week Walking Program:

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

World Parkinson Congress:

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

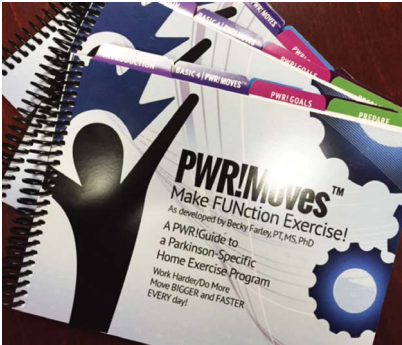
We will be providing travel grants along with the World Parkinson Congress Committee. Stay tuned for more info on the application process in January/February 2016.



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. **RENEW TODAY!** Visit www.parkinson.bc.ca or call Susan Atkinson at 1 800 668 3330.

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FOR SALE: PWR!MOVES

The book includes a DVD that shows the PWR!Moves exercise pictures from the book as visual guides or animated short video sequences of varying levels of difficulty! *limited quantities available.

Price: \$30

To purchase this book, please call Caroline Wiggins, Education & Support Services Coordinator at 604 662 3240 or 1 800 668 3330.

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

- The New Parkinson's Disease Treatment Book: Partnering with your doctor to get the most from your medications by Dr. Eric Ahlskog. 2015

To borrow a book, please contact:

Myriame Lepine Lyons: 604.662.3240 | 1.800.668.3330 | mlepinelyons@parkinson.bc.ca

Featured Book

Yoga for movement disorders: rebuilding strength, balance and flexibility for Parkinson's disease and dystonia by Renée le Verrier.

SUPERWALK PRIZE DRAW WINNERS

Congratulations to our BC participants and teams for helping to raise \$392,000+ during Parkinson SuperWalk! You truly are the everyday heroes bringing extraordinary hope to the Parkinson's community.

The following individuals are the BC winners from national and provincial draws:

SuperStar Walker Draw (National):
Team Challenge Draw (National):
Hawk Air Prize (BC):
Harbour Air Prize (BC):

James Smerdon
Laurie's Legacy
Jane Osterloh
Teresa Shimbashi



There's still time to [make a donation](#) to SuperWalk!

NEW DIAGNOSIS DAY VIDEO RESOURCES

Missed New Diagnosis Day? No problem. To make our educational events more accessible, we are piloting recording some of our key sessions. On Saturday, November 14, 2015 we held our New Diagnosis Day in Langley, BC. Recordings from these sessions are available for public viewing, free of charge, at: <https://vimeo.com/album/3671975> or by clicking on one of the videos below.

What is New Diagnosis Day?

Experts 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 is also the opportunity to hear from a panel of people with Parkinson's and carepartners to learn from those who have experienced adjusting to a diagnosis first-hand.

Presentations/discussions include the following:

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

CLICK TO PLAY



What is Parkinson's Disease?



Adjusting to a New Diagnosis



Our Experience with Parkinson's



Exercise and Parkinson's

CLICK ON A VIDEO TO PLAY THE SESSION. If you are viewing GroupLink from your desktop computer or mobile device, and have an internet connection, click on the sessions above to view the video recordings.

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IMPORTANT ANNOUNCEMENT – A NEW YEAR, A NEW LOOK!

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

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

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

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

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

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

Enjoy a wonderful holiday season!



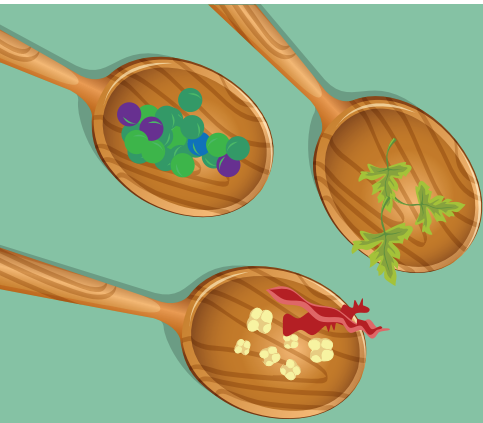
Colin MacBeath



Jean Blake



**New Look
in 2016!**



The RECIPE RANCH



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!

Roquefort Pear Salad

INGREDIENTS

- 1 head leaf lettuce, torn into bite-size pieces
- 3 pears, peeled, cored and chopped
- 5 ounces (142 grams) Roquefort cheese, crumbled
- 1 avocado, peeled, pitted and diced
- 1/2 cup thinly sliced green onions
- 1/4 cup white sugar
- 1/2 cup pecans
- 1/3 cup olive oil
- 3 tablespoons red wine vinegar
- 1 1/2 teaspoons white sugar
- 1 1/2 teaspoons prepared mustard
- 1 clove garlic, chopped
- 1/2 teaspoon salt
- fresh ground black pepper to taste

DIRECTIONS

1. In a skillet over medium heat, stir 1/4 cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces.
2. For the dressing, blend oil, vinegar, 1 1/2 teaspoons sugar, mustard, chopped garlic, salt, and pepper.
3. In a large serving bowl, layer lettuce, pears, blue cheese, avocado, and green onions. Pour dressing over salad, sprinkle with pecans, and serve.

Recipe courtesy of Allrecipes.com.

ART *from the* HEART

Angela Wensley's PD Recovery Summary



Angela Wensley (right) celebrating her 68th birthday with Wendi

Angela Wensley has been documenting her journey with Parkinson's disease (PD) in the form of a newsletter which is now on its 88th edition! We've been very grateful to learn more about Angela's personal experiences, and find them to share great insight into her life with PD. Angela has generously agreed to allow us to share her latest summary, and we encourage you to take a read!

Disclaimer: *Please be advised that the intent of Angela's updates is to share her personal experiences and they should not replace consultation with healthcare professionals. Please speak with a qualified healthcare professional before making medical decisions.*

[READ ANGELA'S SUMMARY](#)

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!

Stress Management Using Laughter



When it comes to relieving stress caused by Parkinson's symptoms, more giggles and guffaws are just what the doctor ordered. Here's why. Whether you're guiltily guffawing at an episode of "Mr. Bean" or quietly giggling at the latest New Yorker cartoon, laughing does you good.

A good sense of humor can't cure all ailments, but data are mounting about the positive things laughter can do.

BENEFITS OF LAUGHTER

In an [article written for the Laughter Online University](#), laughter yoga was described as a complimentary therapy, a therapy choice that can be combined with pharmaceutical therapy, for people living with Parkinson's. A good laugh has great short-term effects. When you start to laugh, it doesn't

just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which help reduce some of the physical symptoms of stress.

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long haul. Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and make you feel happier.

Gita Fendelman, a Laughter Yoga Teacher from the USA, lives with Parkinson's. She has found laughter yoga to be highly beneficial to her quality of life. She states, "Laughter yoga is what I like to call my inner pharmacy. It keeps my mood elevated. I laugh at almost everything. I laugh at things that used to bother me... If it doesn't cure Parkinson's, then at least I'm laughing."

Living with Parkinson's has its challenges. A therapeutic approach to laughter, such as laughter yoga, is a great form of complementary therapy. It can help people to feel more positive and optimistic which stops the cycle of negative thinking and exacerbated physical symptoms. Choosing to laugh reduces stress, elevates mood, boosts optimism, reduces pain and feels great. For more information about Laughter Yoga near you, visit <http://www.laughteryogacanada.org/vancouver/>.

IMPROVE YOUR SENSE OF HUMOR

Are you afraid you have an underdeveloped — or nonexistent — funny bone? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.

- **Put humor on your horizon.** Find a few simple items, such as photos or comic strips that make you chuckle. Then hang them up at home or in your office. Keep funny movies or comedy albums on hand for when you need an added humor boost.
- **Laugh and the world laughs with you.** Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.
- **Share a laugh.** Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you.
- **Knock-knock.** Browse through your local bookstore or library's selection of joke books and get a few rib ticklers in your repertoire that you can share with friends.
- **Know what isn't funny.** Don't laugh at the expense of others. Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad, or hurtful, one.

LAUGHTER IS THE BEST MEDICINE

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

Article adapted from [Mayo Clinic](#).



Responsibility Sharing as a Carepartner or Caregiver



A diagnosis of Parkinson's affects the entire family. As a carepartner of a person with PD you may need more and more help as the disease progresses. Family members and friends, at least at first, can give much of the help required. To give this help, they often have to take on new responsibilities, adapt to greater demands upon their time or alter the patterns of their own lives. These changes may be extremely stressful, both physically and emotionally. Starting their involvement earlier rather than later can help alleviate your stress as the primary carepartner.

But how do you get them involved? A family meeting brings together the core team involved in decisions about care for your loved one with PD and yourself! Whether or not team members are actual relatives, they make up the "chosen family" for this meeting (See [Family Caregiver Alliance's Fact Sheet on Holding a Family Meeting](#) for

more information). Cultivating your chosen family can be a starting point to building your own support team. Whether close or from afar, your team should be composed of individual who you can trust, rely on and seek out for emotional, social, and physical support.

The earlier the first family meeting can occur, the better. Each person involved in your loved one's care will benefit by having a common understanding of goals and tasks. Don't delay setting up a meeting simply because you can't get everyone that you think should be included to participate. Do what you can as soon as you can, making sure that the loved one needing care participates as much as possible in all decision-making.

The point of the first family meeting is to clarify goals and responsibilities, as well as air feelings and ask for support. Your family meeting can take place in person, by e-mail, in a private web chat room, through a telephone conference call or with a combination of these.

Virginia Morris, a journalist who cared for her own father through a terminal illness, shares guidelines for holding family meetings in her book, *How to Care for Aging Parents*. We've added to her ideas to create this set of tips:

- Agree to rules in advance. For example, set a time limit for the meeting and for each person to talk (so no one dominates the meeting), and establish who will act as moderator.
- Avoid attacks, accusations and blaming. If the meeting is likely to be difficult, consider inviting a facilitator such as a social worker, therapist, religious leader or another trusted professional.
- Focus the discussion on care issues, not matters between siblings or others.
- Let everyone's views be aired.
- Make a detailed list of the tasks. It's helpful to circulate a tentative list before the meeting to refine during the meeting. Try to think of everything needed, such as researching resources, shopping for groceries, interviewing home care aides, accompanying your relative to doctor's appointments, coordinating care, organizing important documents and talking with financial and legal professionals.
- Appoint one person to be the family's voice when talking with health care professionals. This individual may or may not be the primary caregiver.
- Divide the duties. Start by having team members volunteer.
- Decide when you want to meet again and how often you want to have meetings.

It will help keep everyone on track if, right after the meeting, one participant distributes notes summarizing the decisions made.

Responsibility Sharing

When you share the responsibility, you will have more time and energy for a "normal" relationship with your loved one and to take care of yourself as well. You are less likely to be angry and resentful. Your loved one's experience will also be enriched by having the opportunity to interact with more people.

Take the Caregiver Self-Assessment Questionnaire:

http://www.caregiving.org/wp-content/uploads/2010/11/caregiverselfassessment_english.pdf

Find a Support Group near you:

<http://www.parkinson.bc.ca/support-groups>

Parkinson Society British Columbia offers free short term counselling for people touched by Parkinson's disease. This service is available province wide in-person, by telephone and online via Skype. For more information, please follow this link: <http://www.parkinson.bc.ca/counselling>.

References:

https://caregiver.org/sites/caregiver.org/files/pdfs/LongDistanceCG_Handbook_2014.pdf

<http://www.familycaregiversbc.ca/courses/the-value-of-sharing-the-care/>

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