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UPCOMING EVENTS

Annual General Meeting

Saturday, April 11, 2015 - 9:45am to 12:30pm

Broadway Church | 2700 East Broadway, Vancouver ([map](#))

Join us as the Board Chair provides a summary of 2014 and Dr. Jon Stoessl shares highlights of the latest PD research. Later, get moving by participating in an interactive session on Dance for PD® led by Jo-Ann Gordon (from New York's Mark Morris Dance Group).

Please be advised that this is a members only event and registration is required for attendance. If you are a non-member interested in attending the AGM and educational sessions, membership with the Society is offered at an annual fee of \$25. This fee allows you and your household to take advantage of all benefits until December 31, 2015.

Parking is available on site and the venue is wheelchair accessible. Light refreshments will be provided.

Registration available at www.parkinson.bc.ca/education-events.

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Voice & Swallow Seminar - Kelowna

Wednesday, April 29 and Thursday, April 30, 2015 - 10:00am to 3:00pm

Ramada Hotel & Conference Centre | 2170 Harvey Avenue, Kelowna ([map](#))

This two-day event will focus on the voice and swallowing challenges faced by people living with Parkinson's. It will be an interactive and participatory format and all levels of voice and swallow disorder will be included.

Registration available at www.parkinson.bc.ca/education-events.

UNDERSTANDING. ACCEPTANCE. GROWTH.

WE'RE HERE TO HELP.

Need an understanding ear or someone to talk to? Parkinson Society British Columbia offers free, short-term, confidential and non-judgmental counselling services for people touched by Parkinson's disease. Counselling will provide you with a safe and structured environment to discuss challenges, process emotions and provide you with the extra support you and your loved one(s) may need.

Our Registered Clinical Counsellor, Courtney Hanna, has experience working with people living with Parkinson's and their loved ones. She is able to help in dealing with any combination of issues including:

- Coping with a diagnosis
- Life transitions
- Grief/loss
- Depression
- Anxiety

This service is available province-wide in-person, by telephone and online via Skype.

About Courtney Hanna, MCP, RCC

Born and raised in Ottawa, ON, Courtney completed her B.A. in Halifax, NS at Dalhousie University. After her undergraduate degree, and a little soul searching, she decided to follow her dream of becoming a counsellor and moved to Vancouver, BC to pursue a Masters of Counselling Psychology at Adler University (formerly Adler School of Professional Psychology). Now a Registered Clinical Counsellor (RCC) with the British Columbia Association of Clinical Counsellors (BCACC), her personal connection to Parkinson's disease (PD) brought her to Parkinson Society British Columbia (PSBC).

Courtney's father was diagnosed with PD over 10 years ago, and recently underwent Deep Brain Stimulation surgery, which has been a successful form of treatment for him.

Believing that every individual has the potential to lead a happy and fulfilling life regardless of challenges faced, she brings a unique perspective and skill set to PSBC.

Schedule an appointment

Not sure if counselling is right for you? Call or e-mail Courtney for a 15 minute consultation at 604 662 3240, Toll Free 1 800 668 3330 or channa@parkinson.bc.ca.

JOIN THE PARKINSON'S MOVEMENT!



"Exercise is critical to living well with Parkinson's. It protects the brain and has immediate benefits for mood and movement." - Dr. Silke Cresswell, Neurologist

There's no better time to join The Parkinson's Movement.

April is Parkinson's Awareness Month -- there's no better time to join The Parkinson's Movement than now! Help Parkinson Society British Columbia generate awareness about the benefits of exercise and raise funds for critical programming and services.

It's easy to participate. All you have to do is commit to an exercise goal between now and the end of April, register online, ask for pledges and get moving!

JOIN THE MOVEMENT!

Move to improve! Join the movement at www.parkinson.bc.ca.

Thank you to our media sponsor Cisl 650AM for their support.



GROUPLINK
April 2015

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DISCUSSION TOPIC: WALKING

Introduce the topic by asking these questions:

1. What problems have you had with walking?
2. What strategies do you use to ensure your safety while walking?

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With Parkinson's disease (PD), walking can become an effort. In fact, you may have noticed one foot dragging when you walk as one of your first symptoms of the disease.

PD can cause your muscles to cramp if you get overtired or if you are not receiving adequate medication. As the disease progresses, you may have problems with balance and posture which, in turn, can affect your centre of gravity. You might walk with a shuffle or, alternatively, you may find that you begin walking normally but progress to shorter, faster steps until you are almost running on the balls of your feet. Any problem with walking has the potential for causing a fall. Here are a few suggestions for improving your walking capabilities and your safety:

- Know your limits but try to walk every day. Start with a 10-minute walk, gradually building to 30 minutes.
- Walk when you feel rested and when your drugs are most effective.
- Concentrate on a good stride and arm swing. This may require you to walk with no conversation to interrupt you.
- To maintain balance, stand as straight as you can and walk with your feet a little wider apart than normal.
- Wear comfortable shoes with good arch supports. If you shuffle, avoid shoes with rubber or crepe soles.
- Pay careful attention to changes in ground surfaces (e.g. curb to pavement or carpet to bare floor).
- Turn with small steps rather than pivoting on one foot.
- If you have significant difficulty with walking, use a wheelchair for longer excursions (e.g. shopping malls, garden centres, airports, etc.). By helping you to conserve precious energy, a wheelchair can actually give you more freedom.

Look on our website or contact our office for the following help sheets:

- [Balance and Falling](#)
- [Freezing](#)
- [In-Home Safety Check](#)
- [Stay on your feet! Understanding and reducing the risk of falling for people with Parkinson's](#)

Source: Pacific Parkinson's Research Centre, University of British Columbia, Vancouver, BC

EXERCISE & PARKINSON'S DISEASE



Why is exercise important if you have Parkinson's disease?

- Start exercising as soon as you can. This can help build and maintain connections in the brain
- Research supports that exercise can be neuro-protective and reverse some symptoms of PD
- It helps increase the strength of your whole body
- It can improve your: balance, walking, posture and provide you with an overall higher quality of life
- Aerobic activity may help improve mental function and memory
- Aerobic activities like biking, walking, using a treadmill or rowing machine can help improve your cardio-respiratory (heart and lung) fitness
- Improves your fatigue
- Exercise is beneficial for bones and bone health
- Exercise increases self-confidence and sense of accomplishment
- Stretching can help decrease stiffness in joints

Exercise considerations!

- Always get consent and clearance from your physician to ensure you are able to exercise prior to starting a program
- Work with your physiotherapist to develop a personalized plan
- Exercise when you are feeling your best
- Try to do your exercises with someone. This will help to motivate you and is a safe way to exercise
- Know when you are tired and learn to pace yourself
- Do activities and exercises that interest you
- Do your exercises regularly. 30 minutes of exercise everyday!

Source: [Pacific Parkinson's Research Centre](#), University of British Columbia, Vancouver, BC

Image designed by [Freepik](#).

RESEARCH

RESEARCH DISCLAIMER

Our monthly updates are a collection of recent articles that we have found on the Internet and in publications. They are offered solely on an informational basis. PSBC does not research or investigate the articles further and we do not provide additional follow up to verify that they are anything other than interesting. We urge you to do your own follow up on any of the information found in the articles presented. ***If you have any questions or concerns about the information contained in the articles ALWAYS check with your doctor.***

Research Profile: Matthew Sacheli Prescribing Exercise as a Treatment for Parkinson's Disease

Research Project: Investigating the therapeutic mechanisms of exercise interventions for the treatment of Parkinson's disease.

Pilot Project Grant: \$30,000 over two years

Project Description:

"If we can show that it doesn't necessarily matter what type of exercise you are doing, but that all exercise is beneficial, I think it will help motivate people who are not able to go out and run a marathon, but can walk their dog for 20 minutes."

Neuroscientist Matthew Sacheli was working as a personal trainer to help put himself through university when he noticed that one of his patients, who had Parkinson's disease, had fewer symptoms when engaging in calisthenics and resistance training.

By the end of the workout, however, Sacheli could see his client's tremors and stiffness return. "It was really an eye-opener to me to see that exercise could be beneficial for these patients," Sacheli remembers.

That experience inspired Sacheli, now a graduate student in neuroscience at the University of British Columbia, to marry his love of sports and exercise with research into exactly why exercise helps people with Parkinson's disease. Although doctors and researchers have learned that dance, Tai Chi, or other forms of exercise reduce both motor and non-motor symptoms of Parkinson's, they don't know how frequently or how intensely people need to exercise to get the benefits, or precisely what part of the brain exercise stimulates to effect these changes.

Sacheli is using two types of imaging to investigate whether exercise triggers a release of dopamine within the brain, and if it does, what specific regions of the brain are involved. If he can identify the mechanisms involved, that knowledge could open up new treatment avenues.

Sacheli is using Positron Emission Tomography (PET) to scan the brains of people with Parkinson's before and after they have participated in three months of a regular exercise routine, to see if dopamine levels increase. He will also use functional Magnetic Resonance Imaging (fMRI) to chart the activity in his participants' brains as they play a card game that mimics the brain's response to rewards, like the pleasurable feeling a workout delivers.

By correlating the data from the two, Sacheli hopes to pinpoint the brain structures that exercise affects. Eventually, he hopes doctors will be able to write accurate prescriptions for the kind and type of exercise people require to improve their symptoms. Sacheli's goal is to inspire a more holistic approach to treating Parkinson's disease.

RESEARCH

(continued)

“The future of clinical care is a multiple and comprehensive health approach, especially for a complex disease like Parkinson’s disease,” he says.



Biography:

Matthew Sacheli was born and raised in Calgary, Alberta and attended the University of Ottawa, obtaining a Bachelor of Science Honours degree in Human Kinetics and gaining his certification in exercise physiology (CSEP-CEP). He continued his education at Wilfrid Laurier University receiving a Master of Science in Kinesiology. During his graduate studies he researched sensory based exercise interventions for the treatment of Parkinson’s disease at the *Sun Life Financial Movement Disorders Research and Rehabilitation Centre*.

Matt is currently attending the University of British Columbia pursuing a PhD in Neuroscience at Pacific Parkinson’s Research Center (PPRC) under the supervision of Dr. A .Jon Stoessl. The focus of Matt’s research is investigating the therapeutic mechanism of exercise in Parkinson’s disease. Apart from his research Matt enjoys spending time on the golf course, coaching baseball and snowboarding. Matt would like to thank the doctors and staff at the PPRC for their educational support.

A Note on Disability Tax Credits

Disability Tax Credit! Qualify For Up to \$40,000!!! This year, I've already seen more than enough of this headline on Facebook, and in other print, targeting people who face challenges because of their 'disability'. This is not some new money that the government has suddenly decided it is going to give people. This is a sensationalized headline to catch your attention so that tax preparers can convince you to pay them to file your income tax. There is no \$40,000 to go in your pocket!

What is a tax credit? Simply stated a tax credit is an amount used to take your taxable income down—so, yes, IF you make enough money it could save you on your income tax. If you live with income below the personal exemption limit, a tax credit is of absolutely no value to you. The amount of money the tax credit saves you in actual income tax increases as your income increases. If you make enough money and are deemed disabled, you may reduce your taxable income by using up to \$40,000 in tax credits. Do you think you might qualify? Please do not respond to these generic ads—contact a qualified and reputable accountant in your area for advice.

Now for the rest of us—it's time to get ready to deal with that income tax return! It's time to start to get your 'stuff' ready for filing your income tax. 'Stuff' includes medical receipts, charitable donation receipts, T4s and other official receipts issued for earnings, pensions, interest and dividends, receipts for contributions to RRSPs if you make these, plus any others that fall under the heading of 'tax related'. If you aren't sure that something will qualify, keep the receipt and make a note to ask your tax preparer about it.

IF you have a disability (I would prefer a different word but this is what Canada Revenue Agency calls it) that affects your ability to function in everyday life, you may qualify for an additional tax credit because of it. You will need your doctor to complete a T2201 (a form available at www.cra-arc.gc.ca) and you must meet the specific criteria that are identified on this form. If you contract with a support worker or caregiver now is the time to ask them for a receipt for the money you paid them in 2014.

For those who have children, there are now credits for sports related activities that you pay for them to participate in. Don't forget to also get receipts from your childcare provider if you pay them.

If you use public transportation you can now claim the cost of this on your tax return. You will need to have copies of your receipts for passes or tickets, or the passes themselves. If you didn't keep them last year, remember to keep them beginning now!

This is just a quick reminder about some of the things you might need to file your tax return this year. Everyone's situation is different and it would take far too much space to cover every deduction or credit. If you have a question visit the Canada Revenue Agency website www.cra-arc.gc.ca, or you can call one of their [informational phone lines](#). Take anything you might qualify for to your tax preparer, even if you are unsure about its eligibility. They will be able to tell you.

People often say to me, "I don't work so why should I need to file a tax return?" The answer is easy. You need to file a return so the government can give you money! You are entitled to GST rebates, amongst other things, and I don't think any one of us wants to let the Government of Canada keep money we should be receiving.

In closing, I will offer a suggestion that will make getting prepared so much easier in the future. Personally, I keep a file folder or large envelope in an accessible spot. Every time I get a receipt for anything I think might be usable on my tax return I put it into the folder/envelope. Now, all I have to do is sort the pieces of paper into something resembling a tidy pile and my information is readily at hand. If this is too much for you, just take the folder or envelope as it is to your tax preparer—they will have everything they may need at hand that way.

A Note on Disability Tax Credits (continued)

Start early to get prepared and beat the last minute rush!

Reprinted with permission from *Headline*, British Columbia's Voice for the Brain Injury Community.
Johnson, S. (2015, March 1). Disability Tax Credit! Qualify for Up To \$40,000!! *Headline*, 8-9.



Canada Revenue Agency has a series of videos available on tax measures for persons with disabilities. To access the full series, visit: <http://www.cra-arc.gc.ca/vdglly/ndvdl/srs-txmsrs-pwd-eng.html>

INCOME TAX CLINIC

FOR LOW INCOME SENIORS & PEOPLE WITH DISABILITIES

MARCH 2ND – APRIL 30TH | 9:00 A.M. – 1:30 P.M.

Monday to Friday

Volunteers can help you prepare your income tax and benefit return if you have low income and a simple tax situation. Call us if you are unsure if you are eligible for our services. Remember to bring all your tax slips and forms with you.

Need multiple years done? Call 604-684-8171 to arrange for an appointment.



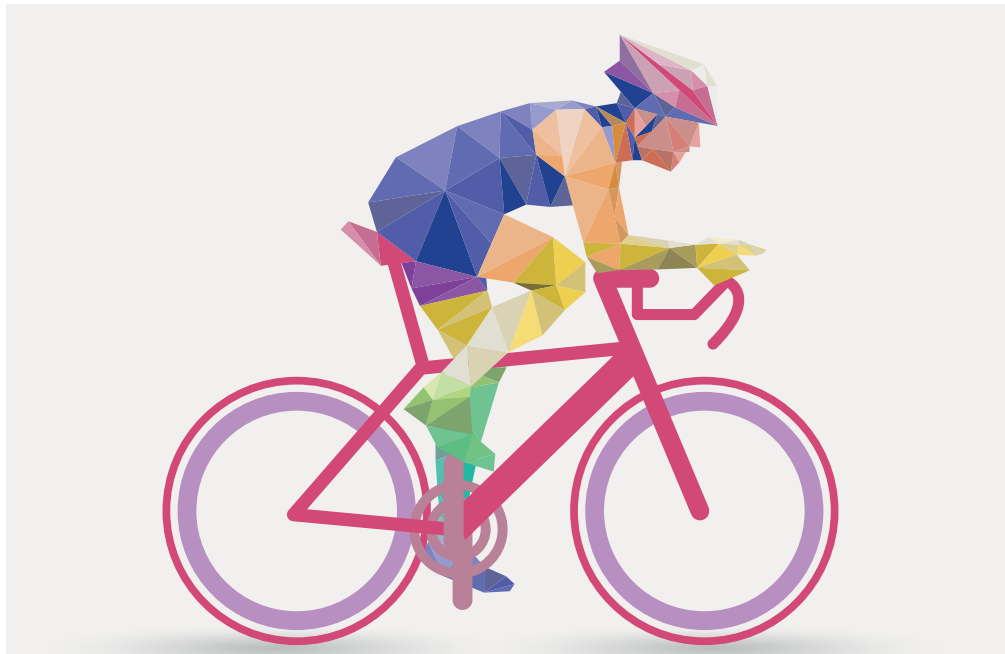
411 SENIORS CENTRE SOCIETY

#704 – 333 TERMINAL AVE
VANCOUVER

(604) 684-8171
LEN@411SENIORS.BC.CA

CAREPARTNER'S CORNER

Exercise and Taking Time for Yourself



Taking care of yourself is one of the most important things you can do as a carepartner. Finding time for regular exercise can be very important to your overall physical and mental well-being.

Physical activity can help you:

- Increase your energy level so you can keep up with your daily carepartner activities.
- Reduce feelings of depression and stress, while improving your mood and overall well-being.
- Maintain and improve your physical strength and fitness.
- Manage and prevent chronic diseases and conditions like diabetes, heart disease and osteoporosis.
- Improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks and plan activities.

Suggestions for carepartners to remain physically active:

- Take exercise breaks throughout the day. Try three 10-minute “mini-workouts” instead of 30 minutes all at once.
- Make an appointment with yourself to exercise. Set aside specific times and days of the week for physical activity.
- Exercise with a friend and get the added benefit of emotional support.
- Ask for help at home so you can exercise.
- If possible, find ways to be active with the person you’re caring for. Both of you can benefit from physical activity!

Source: Adapted from “[Caregivers and Exercise - Taking Time for Yourself](#)” by Go4Life, from the National Institute on Aging at NIH.

Image: designed by [Freepik](#).

NEWS



Dan's Journey with Parkinson's
Father, grandfather, cyclist and inspiration.
Read about Dan McGuire's journey with Parkinson's.



Join the Movement!
Exercise can help Parkinson's symptoms and improve well-being; that's why we're asking everyone to make an exercise commitment until the end of April.



Check out upcoming events
In 2015 we're offering more events than ever before. Take a look at our calendar to find out when we'll be in your area.

PSBC launches a new website!

Parkinson Society British Columbia's website is a growing resource for those touched by the disease in seeking information and referrals, fostering connections and making donations to the Society. To ensure that we are providing the best experience for the Parkinson's community, we've updated our website just in time for Parkinson's Awareness Month! Visit the new website at: www.parkinson.bc.ca

Online tool trains doctors to diagnose and treat Parkinson's.

Parkinson Society Canada has launched its first online learning module accredited by the College of Family Physicians of Canada and available at <http://www.parkinson.bc.ca/healthcare-professionals>. The module, offered at no cost, enables healthcare professionals to work through practical case scenarios. Family doctors will gain insight into key clinical challenges that can be applied to their own patient management. The content is based on the 84 recommendations from the Canadian Guidelines on Parkinson's Disease.

Professionals from a variety of health disciplines can take advantage of the module's transferable content to further their continuing professional education and training. Although the module is geared towards healthcare professionals, anyone with an interest is welcome to use the resource to become better informed about Parkinson's. Participants can access the online course through a secure login and registration process.

NEW! Caregivers Support Group on the North Shore.

We are pleased to announce the North Shore Caregivers Support Group.

When: Every 4th Wednesday from 1:30 pm - 3:00 pm

Where: Amica | 659 Clyde Avenue, West Vancouver, BC

For more information, please contact:

Myriame Lepine Lyons

mlepinelyons@parkinson.bc.ca

604 662 3240 | 1 800 668 3330

Volunteers needed for Speaker's Bureau

Are you knowledgeable and interested in Parkinson's disease?

Are you a retired healthcare professional, teacher or public speaker?

Would you be interested in spreading awareness to communities about Parkinson's disease?

THEN WE WANT YOU!

Parkinson Society British Columbia (PSBC) is starting a volunteer Speaker's Bureau! We're looking for individuals who are passionate, educated and experienced with Parkinson's disease and would be interested in sharing their knowledge with the public.

Parkinson Society British Columbia's Volunteer Speakers Bureau will help to:

- Offer presentations about PSBC and Parkinson's disease.
- Raise awareness and spread education about Parkinson's disease.
- Increase PSBC's outreach to communities.
- Increase public understanding of the Society and what our purpose, goals and services provide.

Qualifications:

- Experienced with or knowledgeable about Parkinson's disease.
- Comfortable presenting to large groups of people.
- Retired healthcare professional, teacher or public speaker.
- Ability to communicate effectively both verbally and in writing.
- Proficient computer skills: Word, PowerPoint and email.
- Ability to work independently.

If you think you have the skills, motivation and time to volunteer, we would be happy to hear from you! Please help us make a positive difference in communities across BC.

For more information contact:

Caroline Wiggins, Education and Support Services Coordinator

cwiggins@parkinson.bc.ca or 604 662 3240 | Toll-Free: 1 800 668 3330

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www.parkinson.bc.ca

Information relating to Parkinson's disease contained in the Parkinson Society British Columbia website (www.parkinson.bc.ca) and information provided in other formats such as printed materials is intended to be used for general information only and should not replace consultation with healthcare professionals. Consult with a qualified healthcare professional before making medical decisions or if you have questions about your individual medical situation.

Parkinson Society British Columbia makes every effort to ensure that the information on its website and in printed materials is accurate and reliable, but cannot guarantee that it is error free or complete. Parkinson Society British Columbia does not endorse any product, treatment or therapy; neither does it evaluate the quality of services operated by other organizations mentioned or linked to www.parkinson.bc.ca or referred to in any manner in any of our printed materials.