

UPCOMING EVENTS

Parkinson Society British Columbia endeavors to make attendance at events accessible to all who may benefit. The Society may be able to subsidize attendance fees for those who require financial assistance. Please contact Stacey at 1-800-668-3330 or sdawes@parkinson.bc.ca for more details.

UNDERSTANDING DEPRESSION IN PARKINSON'S AND MULTIPLE SCLEROSIS TALK, KELOWNA

In collaboration with MS Society, Amanda Swoboda from the Canadian Mental Health Association (CMHA), will provide you with information on the connections between both Multiple Sclerosis, Parkinson's disease and depression. You will learn about the signs and symptoms of depression, how to recognize and respond to depression in others, as well as how to promote mental health and well-being through evidence-based skills and strategies.

Date: Thursday, October 13, 2016
 Time: 6:30pm – 8:30pm (registration begins at 5:45 pm)
 Location: Trinity Baptist Church, 1905 Springfield Road, Kelowna ([map](#))
 Capacity: 80 attendees
 Fees: Free
 Registration: <https://www.surveymonkey.com/r/K8G9T7X>

Registration for this event is through MS Society and will close on October 11, 2016.

COMMUNICATION AND SWALLOW WORKSHOP, PRINCE GEORGE

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 practice 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: Saturday, October 15, 2016
 Time: 9:00am - 4:00pm (registration opens at 8:30 am)
 Location: Spruce Capital Senior's Recreation Centre
 3701 Rainbow Drive, Prince George ([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: Members: <http://bit.ly/PSBCMemReg>
 Non-Members: <http://bit.ly/PSBCNonMemReg>



DEBRIEFING THE CAREGIVER ROLE - GROUP SESSION

Parkinson Society British Columbia (PSBC) understands that Parkinson's disease affects more than just the individual diagnosed. It impacts the lives of families, friends and carepartners. When a loved one is lost, it is one of life's most difficult experiences. You may find yourself struggling with many intense and frightening emotions leaving you feeling isolated or alone. Having someone to lean on in this time is important in helping you through the grieving process.

Parkinson Society British Columbia is committed to honouring our slogan, "You are not alone. We are here to help.", and that's why, in collaboration with the Pacific Parkinson's Research Centre, we are offering a grief support group session to help those who have recently lost a loved one to PD.

Date: Thursday, October 27, 2016
 Time: 1:30pm – 4:00pm
 Location: Oakridge Branch, Vancouver Public Library
 191 – 650 West 41st Avenue, Vancouver ([map](#))
 Cost: Free
 Facilitators: Elaine Book, Social Worker at the Pacific Parkinson's Research Centre
 Myriame Lépine Lyons, Clinical Counsellor at PSBC
 Registration: <http://bit.ly/CaregivingGroupSession>

REGIONAL CONFERENCES

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.

KAMLOOPS

Date: Saturday, October 29, 2016
 Time: 10:00am – 4:00pm (registration opens at 9:30 am)
 Location: Thompson Rivers University - Mountain Room
 900 McGill Rd, Kamloops BC ([map](#))
 Cost: Member \$30.00 | Member (Couple/Pair) \$50.00
 Non-Member \$40.00 | Non-Member (Couple/Pair) \$70.00
 Registration: Members: <http://bit.ly/PSBCMamReg>
 Non-Members: <http://bit.ly/PSBCNonMemReg>

VICTORIA

Date: Saturday, November 5, 2016
 Time: 10:00am – 4:00pm (registration opens at 9:30 am)
 Location: Sandman Hotel Victoria - Orchid Room
 2852 Douglas Street, Victoria ([map](#))
 Cost: Member \$30.00 | Member (Couple/Pair) \$50.00
 Non-Member \$40.00 | Non-Member (Couple/Pair) \$70.00
 Registration: Members: <http://bit.ly/PSBCMamReg>
 Non-Members: <http://bit.ly/PSBCNonMemReg>



COMMUNITY TALKS WITH DR. LAURIE MISCHLEY - FOOD FOR THOUGHT: DIET & NUTRITION IN PD

Increasing amounts of research suggest blood sugar issues, depleted B-vitamins and accessory nutrient (coenzyme Q10, lithium, glutathione, etc.) are more likely to be deficient in people with Parkinson's disease, when compared with healthy controls. This may lead to a person with Parkinson's asking questions such as, does it matter what I eat? How do I know if I'm getting enough? Should I take supplements? If you or someone you know with Parkinson's disease has been asking these questions, you may benefit from our upcoming community talk with Dr. Laurie Mischley.

ABBOTSFORD

Date: Friday, November 4, 2016
 Time: 9:30am – 11:00am (Registration opens at 9:00am)
 Location: Quality Hotel & Conference Centre, Pinnacle Room 2
 36035 North Parallel Road, Abbotsford ([map](#))
 Cost: Free
 Registration: <http://bit.ly/DietNutritionInPD>

VICTORIA

Date: Friday, November 4, 2016
 Time: 2:00pm – 3:30pm (Registration opens at 1:30pm)
 Location: Executive Hotel & Conference Centre Burnaby,
 Centennial Room
 4201 Lougheed Hwy, Burnaby ([map](#))
 Cost: Free
 Registration: <http://bit.ly/DietNutritionInPD>

**CAREPARTNER CONNECT**

Providing emotional and educational support, Carepartner Connect is a 4-week webinar series for carepartners of people with Parkinson's.

Date: Thursdays for 4 weeks beginning November 3rd 2016
 Time: 11:00am – 12:30pm
 Location: Via webinar. Instructions on how to login and access these presentations on a computer with Internet access will be provided closer to the event date. Contact Myriame Lépine Lyons *Education & Support Services Coordinator / Counsellor* at mlepinelyons@parkinson.bc.ca if you would like to receive an email with the registration link in October.
 Capacity: 95
 Cost: Free

ROADSAFETY BC WEBINAR: GETTING INFORMED ABOUT DRIVING WITH PD

Date: Tuesday, November 22, 2016
 Time: 11:00am – 12:00pm
 Facilitators: Catherine Douglas, BA, RN, BScN, a Nurse Case Manager, and Kevin Murray, RN, BScN, ENC, a Program Manager from the Driver Medical Fitness Program of RoadSafetyBC.
 Location: Via webinar. Instructions on how to access the presentation will be sent out 24 hours before the event's start time.
 Cost: Free
 Registration: <http://bit.ly/RoadSafetyBC>

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

UPCOMING EVENTS

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PSBC FALL ONLINE AUCTION

Our 2016 Online Auction launches on Wednesday, October 19. Bid on an array of items and experiences include travel, wine and sporting events. 100% of the proceeds benefit Parkinson Society British Columbia. Look for details on our website and social media in the coming weeks.

CHAMPIONS

- Kitsch N Sync: Saturday, October 15, 2016 ([read more](#))
- Shake, Shake, Shake!: Friday, January 27, 2017 ([read more](#))
- Cotswolds Walking Holiday: August 31 - September 8, 2017 ([read more](#))

Do you want to help fund research, grow support networks and improve quality of life for those living with Parkinson's? Become a Champion for Parkinson's and plan your own independent community fundraising event! Please contact Mirela at 1-800-668-3330 or mdzaferovic@parkinson.bc.ca.

NEWS & ANNOUNCEMENTS

NOMINATE A HERO FOR THE CANADA CARES \$10,000 ONE WISH AWARD

Canada Cares gives a \$10,000 One Wish Award and National, Regional, Community and Employer Awards to incredible Canadians who make it their life's work to care. To find out more, and to nominate someone, visit <http://www.canadacares.org>. Nominations close September 30, 2016.

VOLUNTEER OPPORTUNITY: TRI-CITIES CAREPARTNER SUPPORT GROUP FACILITATOR

PSBC is actively recruiting a volunteer Support Group Facilitator for the Tri-Cities Carepartner Support Group. This support group is for individuals who care for someone with Parkinson's. Those involved meet on the second Thursday of each month between 10:00am and 12:00pm at 750 Delestre Avenue in Coquitlam.

VOLUNTEER OPPORTUNITY: SURREY SUPPORT GROUP FACILITATOR

PSBC is actively recruiting a volunteer Support Group Facilitator for the Tri-Cities Carepartner Support Group. This support group is for individuals who care for someone with Parkinson's. Those involved meet on the second Thursday of each month between 10:00am and 12:00pm at 750 Delestre Avenue in Coquitlam.

PSBC is actively recruiting a volunteer Support Group Facilitator to start a Surrey Support Group. This support group is for individuals affected by Parkinson's, such as people with Parkinson's, family members and friends.

The responsibilities of Support Group Facilitators include:

- Working to create an environment that is safe and respectful, and where participants feel comfortable sharing their experiences, insight and knowledge with others.
- Assisting with the delivery of information, education and resources for people with Parkinson's and their carepartners/families.

For more information, please contact Stacey Dawes at sdawes@parkinson.bc.ca or 1-800-668-3330.

North Shore SongShine Group

Date: Tuesdays, September 27 - November 29, 2016
Time: 12:45pm to 1:45pm
Location: North Shore Stroke Recovery Centre (NSSRC)
225 East 2nd St, North Vancouver ([map](#))
Cost: \$12 per session for non-members of the NSSRC, and members would pay less as they've already paid a membership fee.
Contact: Joani Bye, joanibye@icloud.com or 604-202-9784; Penelope Bacsfalvi, slp@nssrc.org

Delta SongShine Group

Date: Thursdays, September 29 - December 1, 2016
Time: 1:00pm to 2:15pm
Location: Kennedy Seniors Recreation Centre ([map](#))
Cost: \$10
Contact: Kennedy Seniors Recreation Centre, 604-594-2717

North Nanaimo (Lantzville) SongShine Group

Date(s): Wednesdays, September 21 – November 23, 2016
Time: 11:00am – 12:00pm
Location: St. Philips By The Sea, 7113 Lantzville Road, Nanaimo, BC ([map](#))
Cost: \$100 for 10 week program (\$10/session, caregivers attend for free)
Contact: Hugh Yardley at 250-927-2452

NEW! Support Group - Langley Young Onset PD (YOPD) & Young at Heart

Date: 3rd Sunday of each month
Time: 10:00am - 12:00pm
Location: Willoughby Community Centre at Langley Events Centre
7888 200 St, Langley ([map](#))

NEW! Young Onset Parkinson's disease Online Support Group

Date: Beginning October 11, 2016. The group will meet 2nd Tuesday of each month
Time: 7:00pm - 8:00pm
Location: Online. A valid internet connection will be required to participate.
Registration: You must register to attend this support group by contacting Myriame Lépine Lyons at mlepinelyons@parkinson.bc.ca or 1-800-668-3330

Our website includes an up to date list of all of the Parkinson's specific Community Exercise programs across the province, there may be one near you! <http://www.parkinson.bc.ca/exercise>

Note: Any listing in the aforementioned documentation should not be considered an endorsement of the third party event(s). As such, the Society cannot be held responsible or liable for any loss or damage suffered as a result of participation.

SUBSCRIBE TO GROUPLINK!

If you wish to receive personal copies of GroupLink please connect with Caroline Wiggins, cwiggins@parkinson.bc.ca, and your name will be added to our GroupLink email distribution list.

IMPROVING MOOD CHANGES IN PARKINSON'S DISEASE

Parkinson's disease (PD) is classified as a movement disorder but in recent years the non-motor symptoms, including changes in mood, have been acknowledged as components of the disease. Close to 50% of people with PD experience depression and/or anxiety. While pharmaceutical interventions, like anti-depressants, are important treatment options for treating mood changes, there are also non-pharmaceutical mentions worth mentioning.

Causes depression and anxiety

Mood changes, like depression and anxiety, in PD can be caused by the very understandable reaction to your initial diagnosis and to changes you experience as the disease progresses. It is normal to be worried about your symptoms and to wonder what is coming in the future.

Depression and anxiety can also be caused by changes in your brain chemistry. In addition to decreasing the amount of available dopamine, PD can affect other circuits and neural pathways that control your mood. In many cases, depression and anxiety can appear prior to the onset of physical symptoms of PD. Some people don't know why they have become depressed or anxious, and many look back over the years and realize they developed these symptoms prior to the onset of the motor symptoms, such as tremor or rigidity, which lead to the diagnosis of PD.



Research Findings on Depression in People with Parkinson's

An interesting research study on depression in people with Parkinson's was recently published in the Canadian Medical Association Journal (CMAJ). The research aimed to describe demographic and health characteristics of patients with Parkinson disease and examine sex differences in antidepressant prescriptions for those with comorbid depression using electronic medical records. This research found that findings supported Canadian Parkinson Guidelines for Routine Screening of Comorbid Depression, however more evidence and decision-support tools are needed to examine the efficacy of antidepressants and assist clinicians in evaluating the frequent SSRI prescription in this population.

Article: <https://nursing.ubc.ca/news-events/news/11-aug-2016/cpcssn-assists-study-parkinsons-disease-and-depression>

Treating depression and anxiety

Depression and anxiety can have a profound impact on your quality of life. They can also decrease your ability to respond positively to treatment. Left untreated, depression or anxiety can paralyze your ability to control your illness and decrease your ability to enjoy life. If you feel depressed or if you are anxious about going out, it is difficult to do the things that are critical to managing PD, such as socializing, talking to people, exercising and many others things that you would normally enjoy doing.

A variety of effective treatment options, both pharmaceutical and non-pharmaceutical interventions, are available to help with depression and anxiety. Some non-pharmaceutical interventions, or alternative medicine, that may help to manage a change in mood are:

- Acupuncture
- Relaxation techniques, such as yoga or tai chi
- Meditation
- Guided imagery
- Massage therapy
- Music or art therapy
- Spirituality
- Aerobic exercise

Relying solely on these interventions is generally not enough to treat a mood disorders; however, they may be helpful when used in addition to medication and psychotherapy.

Here are some important points to consider when wanting to treat and/or manage mood changes:

- FIRST - remember that depression and anxiety are real illnesses, they are actual symptoms of PD, and they can be treated.
- Listen to your family and your physician if they suggest that you might be depressed or having difficulty coping.
- If you start taking medication for depression, remember that it can take several weeks before you feel better. Early side effects usually disappear as your body gets used to the new drug.
- There are many types of medication for depression and anxiety. If the first one doesn't seem to help, ask your doctor about other options.
- You need the support of your family and friends at this time. Don't hesitate to ask for help, even if it is just setting aside a time to talk.
- Contact PSBC's registered counsellors by calling 1-800-668-3330 or emailing counselling@parkinson.bc.ca. The Society provides a free, confidential, short-term counselling service.
- Locate a Clinical Counsellor near you by visiting the British Columbia Association of Clinical Counsellors (www.bcacc.ca) or Canadian Counselling and Psychotherapy Association (www.ccpa-accp.ca).
- Locate a Psychologist near you by visiting the Canadian Psychological Association (www.cpa.ca) or College of Psychologists of British Columbia (www.collegeofpsychologists.bc.ca).

Ask yourself the following questions:

- Has my sleep pattern, appetite, energy level or sexual function change significantly?
- Am I more irritable and anxious than I used to be?
- Am I having difficulty concentrating?

If the answer to even one of these questions is yes, talk to your doctor.

Depression and anxiety do not develop in every person who has PD.



CARING FOR A PARTNER WITH PARKINSON'S WHO IS DEALING WITH DEPRESSION AND/OR ANXIETY

Having a mood disorder, like depression and/or anxiety, is usually associated with a great deal of personal distress, but it can be equally difficult for significant others. Partners of those suffering from mood disorders often take on more than the normal share of domestic, economic, and other responsibilities such as the following:

- **Family activities** — Household routines are often disrupted and special plans or allowances are often made for the person with depression and/or anxiety. A partner often must take on family responsibilities such as bills, shopping, and driving. Partners may feel overwhelmed and burned out.
- **Finances and employment** — For some, mood disorder symptoms make it difficult to get or keep a job, which can have serious financial repercussions. The partner may become the sole breadwinner at times — often a stressful role and one the partner may not wish to have.
- **Social life** — People with mood disorders often avoid routine social activities. Unfortunately, the partner's social life can suffer as well, making both feel isolated.
- **Emotional well-being** — Partners may feel sad, depressed, or scared (for themselves or for their spouse), or angry, resentful, and bitter toward their loved one. They may also feel guilty for feeling this way.

These challenges can be daunting. It is important to note that with treatment, people with mood disorders can go on to lead productive lives that include thriving social lives and busy schedules. Appropriate treatment can often help alleviate many issues that contribute to the stress of the significant other.

Supporting Your Partner

You can facilitate improvement and recovery by providing support and encouragement. In the section above, titled Mood Changes in Parkinson's Disease, there are suggestions as to how a person with Parkinson's who is also dealing with mood changes, like depression and/or anxiety can gain support from you and others.

Recovery requires hard work on the part of the person with a mood disorder and patience on the part of the partner and family. It may seem like a slow process, but the rewards are well worth it.

Your Role in Treatment

Although ultimate responsibility lies with the patient, you can play an active role in the treatment of your partner's mood disorder.

Mental health professionals are increasingly recommending couple- and family-based treatment programs. In one approach, a mental health professional enlists the partner as a co-therapist. With training, the partner can assist the patient with homework assigned by the therapist. For instance, this might involve accompanying the patient into anxiety-producing situations and providing encouragement to stay in the situation by using anxiety-reduction techniques.



This might also include helping a partner adhere to a behavior contract developed with the therapist to control anxiety responses in situations when the therapist is not present.

Helping Yourself

It is extremely important (and not selfish) for partners of those with a mood disorder to take care of themselves. These tips will help you cope:

- Don't give up your own life and interests. Engage in your outside interests and hobbies for a break from the stresses of your daily life. You'll be energized, happier, healthier, and better prepared to face challenges. Don't become consumed with your partner's disorder.
- Maintain a support system. Having friends and family to confide in — as well as assist you emotionally, financially, and in other ways when your spouse cannot — is vital.
- Set boundaries. Decide where your limits lie and inform your partner. These might be emotional, financial, or physical. For instance, if your partner is not working and is not seeking treatment, participating in support groups, or doing anything to try to become well, you may need to discuss your expectations and how to improve the situation. Couples therapy can often help.
- Seek professional help for yourself, too. The recovery process can be stressful for partners. Your well-being is just as important as your partner's. If you need someone to talk to or if you think you may be suffering from symptoms of anxiety or depression, contact your doctor or consider visiting a mental health professional.

Adapted from: <https://adaa.org/finding-help/helping-others/spouse-or-partner>

MEMBERSHIP

STAY CONNECTED TO THE PARKINSON'S COMMUNITY!

Renew your membership with Parkinson Society British Columbia and continue to be a part of our friendly, caring and supportive community. For only \$25, you will receive an annual membership for you and your household valid until December 31, 2017.

Reasons to renew your membership:

- Enjoy discounts. In 2016, we delivered important educational events to even more cities in British Columbia. Whether you join us for a Regional Conference or workshop, your membership provides you with great discounts on important events!
- Stay informed. Get the latest information on research, medication, caregiving, exercise, wellbeing and nutrition when you receive Viewpoints, our quarterly newsletter.
- Be heard. Vote at our Annual General Meeting and add your voice to the community to garner support from donors, sponsors and politicians.
- Gain support. Be a part of our provincial network of more than 50 support groups and/or speak with our knowledgeable and compassionate staff.

Visit www.parkinson.bc.ca or return the insert inside this issue of Viewpoints.

Questions? Call or email Susan Atkinson, Donor and Member Services Coordinator, satkinson@parkinson.bc.ca.