

UPCOMING EVENTS

Parkinson Society British Columbia (PSBC) endeavours 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 sdawes@parkinson.bc.ca or 1-800-668-3330 for more details.

ASK THE EXPERT WEBINAR: WHAT IS GENETICS RESEARCH TELLING US ABOUT PARKINSON'S DISEASE?

PhD Candidate Stefano Cataldi presents his work on developing animal models and cell-based assays for future pharmaceutical development. By focusing on the underlying molecular etiology of Parkinson's disease, Stefano and his team provide a rational basis for drug discovery and the tools to accomplish it.

Date: Tuesday, March 14, 2017
 Time: 10:00am – 11:00am
 Location: Via webinar. Instructions on how to access the presentation will be sent out 24hours before the event's start time.
 Fees: Free
 Registration: <http://bit.ly/GeneticResearchPD>
Registration closes Friday, March 10

STEP BY STEP



Starting Tuesday, April 11, PSBC is bringing back the Step by Step program for a third consecutive year! Step by Step is a 12-week walking program aimed at incrementally improving the number of average daily steps taken by an individual. The first week will determine each walker's baseline, and then each week they will be encouraged to increase their steps based on a personal goal. While participants are encouraged to walk and track their own steps, a community group leader will organize a weekly walk allowing walkers to meet, socialize and help support one another.

The goal of this program is to help motivate people to become physically fit to combat the symptoms of Parkinson's disease. We hope to encourage people to continue a regular exercise routine following the program. Read about a Step by Step success story [here](#).

Interested in becoming a community group leader? As a team leader you would be responsible for organizing a weekly walk, selecting walking locations and motivating your team! Contact Caroline at cwiggins@parkinson.bc.ca or 1-800-668-3330 to learn more.

SAVE THE DATE: ANNUAL GENERAL MEETING

PSBC will hold its Annual General Meeting featuring a panel of researchers from Pacific Parkinson's Research Centre at UBC. The researchers and topics are as follows:

- Dr. Silke Appel-Cresswell: The microbiome of the gut
- Stefano Cataldi: Repairing the transportation system within brain cells
- Matt Sacheli: New findings and an update on exercise research
- Sun Nee Tan: Recent findings from the walking app and a new cognitive app

Date: Saturday, April 22, 2017
 Time: 9:45am - 12:00pm (registration opens at 9:00am)
 Location: Great Hall in Building SE2 at BCIT
 3700 Willingdon Avenue, Burnaby, BC ([map](#))
 Fees: Free for members. [Become a PSBC member today](#), it's not too late!
 Registration: Available soon

SAVE THE DATE: Moving Forward Together, PSBC's provincial conference, will take place on Saturday, June 3, 2017.

The Moving Forward Together Conference will take place in Richmond, BC. Its purpose is to foster an educational and inspirational space for enriching the connection between people with Parkinson's, carepartners, friends and health-care professionals. The return of this much-anticipated event will feature prominent local, national and international presenters who will speak to topics related to the treatment and management of Parkinson's and its associated challenges.

SPECIAL NOTE: PSBC will be recognizing volunteers who have committed endless hours and efforts to helping the Society in a variety of ways. Stay tuned for the Volunteer Recognition Award application.



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

Champions FOR PARKINSON'S

CHAMPIONS FOR PARKINSON'S

- 4th Annual Chocolate and Beer Tasting: Sunday, March 5 ([read more](#))
- Walking to Everest: March 5 - April 24 ([read more](#))
- Shifting Gears for Parkinson's: March 17, 2017 – October 31, 2018 ([read more](#))
- Wholey Fit Spin Class Fundraiser: Tuesday, April 11 ([read more](#))
- Cotswolds Walking Holiday: August 31 – September 8 ([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 mdzaferovic@parkinson.bc.ca or 1-800-668-3330.

NEW! SCHOLARSHIP PROGRAM FOR HEALTH CARE PROFESSIONALS AND EXERCISE INSTRUCTORS

PSBC aims to provide opportunities for individuals who wish to pursue a career involving PD specific training through our Continuing Education Scholarship Program for Exercise Instructors & Healthcare Professionals. This scholarship was established to assist people who have a passion to gain PD specific training and bring these benefits to the Parkinson's community in BC.

Please see our website for criteria and eligibility: <http://www.parkinson.bc.ca/continuing-education-scholarships>

NEW! VANCOUVER WORKING PROFESSIONALS WITH PARKINSON'S

This group aims to connect people with Parkinson's who are still active in the work force. The lunch provides an opportunity to discuss issues common to those who are still working. **Attendees are asked to purchase their own lunch. Pre-registration is mandatory.**

Date: Every second Tuesday of the month
 Time: Varies
 Location: Law Courts Inn Restaurant, downtown Vancouver, BC ([map](#))
 Registration: Contact Floris at fvanweelderren@gmail.com

FALLS PREVENTION WORKSHOP

Rock Steady Boxing New Westminster and Fraser Health present a Falls Prevention Workshop for people with Parkinson's and carepartners.

Date: Monday, March 6, 2017
 Time: 1:15pm - 2:30pm
 Location: Royal City Centre Mall | 610 6th Street, New Westminster, BC ([map](#))
 Fees: By donation to PSBC
 Registration: Contact Heidi at clarksonheidi@gmail.com or 604-525-2631
Registration closes on March 5



Falls Prevention Workshop for People Affected by Parkinson's

Monday, March 6, 2017
1:15pm - 2:30pm

Royal City Centre Mall
(610 6th St, New Westminster,
across from Shoppers Drug Mart)

Registration by donation to
Parkinson Society British Columbia

RSVP by March 5 >
clarksonheidi@gmail.com or
604-525-2631

Organized by: 

Presentations by: 

Proceeds Benefitting: 

NEW! RICHMOND CAREPARTNERS SUPPORT GROUP

Are you caring for a person with Parkinson's disease? Are you a concerned family member or friend? Are you interested in speaking to others in similar situations? Join the new Richmond carepartners support group. **Please note that you may be asked to pay the Minoru Seniors Activity Centre Membership fee of \$22/person per year, or a one-time drop-in fee.**

Date: 3rd Wednesday of each month
Time: 2:00pm – 3:30pm
Location: Minoru Place Activity Centre, M1 Meeting Room
7660 Minoru Gate, Richmond, BC ([map](#))

EXERCISE

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.*

TIP JAR

Do you experience constipation? Constipation is a common problem in all stages of Parkinson's disease (PD). It is a potentially serious condition that can lead to the need for urgent medical attention. Please consult a healthcare professional if you experience prolonged constipation, pain, cramping, or if you have questions about medications or procedures outlined here. Our Bowel Management Program helpsheet includes additional information about constipation.

Prevention is the best way to manage constipation. The following Fruit Laxative Recipe, suggested by a community member, can help get your bowel functioning well again.

Ingredients:

- 1/2 cup pitted dates
- 1/2 cup figs
- 1/2 cup pitted prunes
- 3/4 cup raisins
- 1-1/4 cup prune nectar

Instructions:

1. Simmer dates, figs prunes and/or raisins in prune nectar, then blend mixture.
2. Take 1 Tablespoon daily
3. Recipe can be frozen.

Do you have any tips or tricks that you would like to share with your PD community? These can be tips from something that works well, to eating and dressing, to getting out of bed or travelling! All tips and tricks are welcome! Please share your ideas with Caroline at cwiggins@parkinson.bc.ca or 1-800-668-3330.

SUBSCRIBE TO GROUPLINK!

If you wish to receive personal copies of GroupLink please connect with Caroline at cwiggins@parkinson.bc.ca or 1-800-668-3330 and your name will be added to our GroupLink email distribution list.

MAKING THE MOST OF YOUR COMMUNITY PHARMACIST

Discussion questions:

1. What does your pharmacist do to assist you?
2. Have you noticed any changes in the role of the pharmacist/pharmacy/pharmacy technicians over time? If so, please describe and share.

March is Pharmacist Awareness Month (PAM)! Pharmacists across Canada have widely expanded their scope of practice in the past ten years – leading them to do more for their patients. Did you know that there are approximately 39,000 licensed pharmacists in Canada?

Today's pharmacists are highly respected as the medication experts of a healthcare team. They collaborate with patients, their families and other healthcare professionals to improve the health of Canadians (Canadian Pharmacists Association, 2017). They do more than simply fill prescriptions; they participate in medication reviews, chronic disease management, immunization services and wellness programs. Community pharmacists – the ones you see at your local drugs store – have specifically chosen to work with the public to reduce medication errors and ensure patient health.

Pharmacists are trained to provide ongoing counselling and education for patients. There is a structured framework that they are trained to follow that includes:

- Screening for any health issues
- Discussing all medications
- Educating patients
- Emphasize adherence to medications for optimum health outcomes (Spears, 2010)

In BC, pharmacists have the authority to renew and adapt existing prescriptions. Knowing this, individuals with PD and other chronic conditions that require medications should attempt to establish a communicative relationship with their local pharmacist. Parkinson's medications are optimized when patients understand their functionality, effectiveness and management. Your pharmacist is trained in patient counselling as well as medication review and, providing that they are knowledgeable about Parkinson's and your specific symptoms, they can help gauge the effectiveness of your medications and make adaptations if necessary. After your neurologist or movement disorder specialist, your pharmacist is the next most qualified health care professional to understand your medication regime, drug interactions and make recommendations.

Resources for Pharmacists

Your pharmacist is a fantastic potential ally in your PD treatment, but they may have questions about Parkinson's and the symptoms you experience. In this case, they may welcome educational resources. The following are resources that may be useful to your pharmacist or other members of your healthcare team:

- The Aware in Care kit: <http://www.parkinson.bc.ca/aware-in-care>
- [Canadian Guidelines on Parkinson's Disease](#)
- Parkinson Clinical Guidelines: <http://www.parkinsonclinicalguidelines.ca/education>

Did you know?

UBC is home to The Pharmacists Clinic, the first of its kind in North America. It is a university-affiliated, licensed, pharmacist-led patient care clinic that strives to provide high quality health consultation services to patients, learning opportunities for health professionals and students, and support health care research and evaluation. To learn more, visit <https://pharmsci.ubc.ca/pharmacists-clinic>.

As a carepartner for a person with Parkinson's, you may be involved in medication management. From assisting to ensure that medication is taken at appropriate times to prescription fills, you may find yourself a key player on the team of your loved one's health.

If you feel as though you need to brush up on your PD medication knowledge, we encourage you to watch the UBC Pharmacists Clinic webinar about PD medications: [view module](#)

You may also want to read this help sheet about Parkinson's medication: [view help sheet](#)

Many members tell us that their carepartners and family are the key motivators encouraging them to manage Parkinson's in other ways. While you can only do so much to help ensure that medications are appropriate and adhered to, you may also want to ensure the following:

- That your partner remains physically active
- Educating you and your partner about communication and swallowing for Parkinson's disease
- Proper nutrition and diet is maintained
- Optimizing your environment to prevent falls (Qualicare Family HomeCare, n.d.)



Sources:

Canadian Pharmacists Association. 2017. Pharmacist Awareness Month (PAM). Retrieved from <http://www.pharmacists.ca/news-events/events/pharmacist-awareness-month-pam/>

Qualicare Family HomeCare. N.d. Parkinson's Caregiving Tips. Retrieved from <http://www.qualicare.com/resources/homecare-library/medical-conditions-and-procedures/parkinsons-disease/parkinsons-caregiving-tips/>

Spears. 2010. Community Pharmacists Play key Role in Improving Medication Safety. Pharmacy Times. Retrieved from: http://www.pharmacytimes.com/publications/issue/2010/november2010/communitypharmacists_medsafety