

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.

STEP BY STEP HAS BEGUN!

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](#).

Start Date: April – June

Location: Brentwood Bay, Courtenay/Comox, Fernie, Kamloops, Maple Ridge/Pitt Meadows, New Westminster, Penticton, Prince George, Richmond and Vancouver

Fees: Free

Contact Caroline at cwiggins@parkinson.bc.ca or 1-800-3330 to learn more.



Step by Step participants embark on an excursion in Saanich last year.

COMMUNICATION AND SWALLOW WORKSHOP – VICTORIA

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 year, participants will be required to watch a pre-workshop webinar prepared by Sherri Zelazny to introduce the topic of communication and swallowing challenges in Parkinson's. This workshop is open to those already experiencing communication & swallowing challenges, as well as those who wish to be proactive in their treatment.

The pre-workshop materials will be sent to participants via e-mail upon registration. A catered lunch will be provided.

Date: Saturday, May 13, 2017

Time: 10:00am – 2:30pm

Location: Orchid Room | Sandman Hotel Victoria | 2852 Douglas Street, Victoria ([map](#))

Fees: 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: <http://bit.ly/VictoriaCS>



MOVING FORWARD together

Please join us for the *Moving Forward, Together* conference, which will bring together members of the Parkinson's community from across the province in Richmond, BC. 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. The mission of the conference is to foster an educational and inspirational space for enriching the connection between people with Parkinson's, carepartners, friends and healthcare professionals. All those affected by Parkinson's disease are welcome.

Nominate an outstanding member of the Parkinson's community for the [Above and Beyond awards](#). PSBC will be recognizing volunteers who have committed valuable hours and exceptional efforts to help the Society and community in a variety of ways. To nominate someone, please use our [Above and Beyond nomination form](#). The deadline for nominations is April 30, 2017.

Moving Forward, Together Travel Grants

To maximize the benefit of the Provincial Conference to British Columbia's Parkinson's community, PSBC is offering a limited number of [travel scholarships](#) for people with Parkinson's (PWP) and family carepartners who would be unable to attend the conference without financial assistance. The scholarships will be awarded with great discretion. Scholarship recipients are expected to pay associated expenses and submit receipts for reimbursement after the conference. Receipts must be received by July 31, 2017. The deadline for nominations is April 30, 2017.

Date: Saturday, June 3, 2017
 Time: 9:00am – 3:15pm
 Location: Sheraton Vancouver Airport Hotel | 7551 Westminster Highway | Richmond ([map](#))
 Fees: [Early Bird] Member \$40.00 | Member (Couple/Pair) \$70.00 (rates in effect until April 30, 2017)
 [Late Riser] Non-Member \$60.00 | Non-Member (Couple/Pair) \$100.00 (rates in effect beginning May 1, 2017)
 Registration: <https://www.parkinson.bc.ca/moving-forward>

ASK THE EXPERT WEBINAR SERIES: IMPULSE DISORDERS & PARKINSON'S

For people with Parkinson's disease, it is usually a tremendous relief to find a drug to treat tremors, stiffness or freezing. But for up to 20 percent of individuals, the class of drugs that is often most effective in controlling these motor symptoms comes with devastating side effects. Synthetic dopamine drugs, called dopamine agonists, can sometime lead to risky behaviour. At the University of British Columbia (UBC), behavioural neuroscientist [Dr. Catharine Winstanley](#) uses animal models to investigate the link between a protein called GSK3beta and the impulse control problems some people develop when taking these drugs. Join PSBC for a presentation by Dr. Winstanley on research that offers new hope to halt compulsive behaviours.

Date: Tuesday, June 20, 2017
 Time: 10:00am – 11:00am
 Location: Via webinar. Instructions on how to access the presentation will be sent out 24 hours before the event's start time.
 Fees: Free
 Capacity: 175
 Registration: Available soon.

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

Champions FOR PARKINSON'S

- Shifting Gears for Parkinson's: March 13, 2017 – October 31, 2018 ([read more](#))
- Pull for Parkinson's: April 28, 2017 ([read more on Facebook](#))
- Me-n-Ed's 10th Annual Charity Golf Tournament: May 23, 2017 ([read more](#))
- Champions for Parkinson's Raffle: Draw date is May 23, 2017 ([read more](#))
- Yoga by donation classes in Kelowna: May 27 & 28, 2017 ([read more](#))
- Shakin' the Rock for Parkinson's: June 11 – 16, 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 mdzaferovic@parkinson.bc.ca or 1-800-668-3330.

NEWS & ANNOUNCEMENTS

NEW! ROCK STEADY BOXING

Classes are based on non-contact boxing based training. Workouts may include, but are not limited to, shadow boxing, focus mitts, heavy bags, jump rope, stationary biking, core work, calisthenics and circuit weight training. This program is designed for men and women with any stage of Parkinson's disease.

Date: Monday – Friday
 Time: 11:30am – 12:30pm
 Location: Box2Fit | 1160 King George Boulevard, Surrey ([map](#))
 Fee: \$150/One Month Unlimited | \$15/Class (maximum 20 participants)
 Registration: Frankie LaSasso (Certified Rock Steady Boxing Coach)
 778-384-6284 or box2fitsurrey@rsbaffiliate.com

DANCE FOR PARKINSON'S DISEASE

Explore movement and music in an enjoyable, safe and creative class for people living with Parkinson's disease. Classes will be taught by [Megan Walker Straight](#), a professional dancer and trained Dance for PD® instructor.

Date: Fridays, May 5 – June 23, 2017
 Time: 10:30am – 11:30am
 Location: 4th Floor | SFU School for Contemporary Arts
 149 West Hastings Street, Vancouver ([map](#))
 Fee: \$12/class (caregivers/partners are no extra charge)
 Registration: Megan Walker Straight | 604-313-0660 | meganwstraight@gmail.com

NORTH VANCOUVER SONGSHINE CLASS

Join Joani Bye, certified SongShine Instructor, as she leads a SongShine class for people with Parkinson's who want to strengthen their voices, sing their favourite songs and make new friends.

Date: Mondays, May 1 – June 26, 2017 (no class on Victoria Day)
 Time: 1:00pm – 2:00pm
 Location: Highlands United Church | 3255 Edgemont Boulevard, North Vancouver ([map](#))
 Fee: \$12 per class | \$96 for 8 weeks
 Contact: Joani Bye | joanibye@icloud.com | 604-202-9784

PORT ALBERNI SUPPORT GROUP

This group is intended for anyone who affected by Parkinson's disease (carepartners, friends and family members welcome).

Date: 3rd Monday of each month
Time: 10:30am – 12:00pm
Location: Smitty's Restaurant
3426 3rd Avenue, Port Alberni ([map](#))

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 | 969 Hornby Street | Vancouver ([map](#))
Registration: Contact Floris at fvanweelderren@gmail.com

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.

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

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

Each year, the simple act of eating becomes a serious challenge for millions. According to the [American Speech-Language-Hearing Association](#), dysphagia (difficulty in swallowing) can become a challenge to just about anyone, including those with Parkinson's. Carepartners, hospitals and families caring for those with dysphagia may prepare puréed foods to meet nutritional and medical needs. Unfortunately, they all too often find that the food is unappetizing. NYU's Steinhardt department's [annual Dysphagia Iron Chef competition](#) challenges that idea. This year they went one step further and created [Dining with Dysphagia: A Cookbook](#). The cookbook, is a collection of 8 recipes that are adaptable for patients with all levels of dysphagia.

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 Myriame at mlepinelyons@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.



SUBSCRIBE
TO GROUPLINK!

DISCUSSION TOPIC

MAY IS SPEECH AND HEARING MONTH

1. What do you do to strengthen your voice?
2. Have you seen a Speech-Language Pathologist (SLP) for speech or swallowing difficulties?
3. What are the tricks that you have used to treat dysphagia (difficulty swallowing)?

Many of us take our ability to communicate for granted; but the ability to speak, hear and be heard is much more vital to our everyday lives than most of us realize. If you are someone who has difficulty communicating, everyday interactions can pose significant challenges (SAC, 2017). A communication disorder associated with Parkinson's may prevent an individual from performing well at work, asking for help or even saying 'I love you'. Each year, Speech-Language and Audiology Canada (SAC) and other speech-language organizations dedicate the month of May to raising public awareness about communicative health. This month is important to many in the PD community, since up to 90% of people with Parkinson's (PwP) worldwide will experience trouble with communication, typically characterized by low vocal volume.

*"I wish I got what
I ordered at restaurants."*

**COMMUNICATION AFFECTS
MORE THAN YOU THINK**

FIND OUT MORE THIS SPEECH & HEARING MONTH AT BCASLPA.CA



Oftentimes PwP indicate that they cannot be heard or that they have a hard time speaking over crowd noise. Family members or a partner may complain that the PwP is not speaking loud enough. This can lead to frustration during conversations and social interactions. Parkinson Society BC (PSBC) wants you to know that you are not alone with this issue. The Society has developed the following help sheets to provide you with more information and guidance:

- [Diminished Voice in Parkinson's](#)
- [Swallowing Difficulties and Control](#)

According to the Canadian Guidelines on Parkinson's Disease (2012), PwP should consider speech and language therapy. Particular attention should be paid to:

- improving vocal loudness, perhaps by using speech therapy programs such as Lee Silverman Voice Treatment® (LSVT®)
- ensuring an effective means of communication is maintained with others throughout the course of the disease, perhaps by incorporating the use of assistive technologies
- reviewing techniques for safe, efficient swallowing

A PSBC Communication and Swallowing Workshop will cover all the above topics as well as an in-depth overview of the contents of our new [Communication and Swallow booklet](#).

In the meantime, THINK LOUD! When you are mindful about your voice, your communication system is more likely to strengthen and project voice. This not only helps you to engage in everyday conversation, but it can help others understand you, whether you are saying, "I would like an old fashioned doughnut" or "I love you."



Sometimes the signs of diminished voice or swallowing challenges can go unnoticed. As a carepartner, you can watch for some of the less obvious symptoms that can indicate changes:

Diminished Voice

- Increased need to repeat
- Decreased desire to socialize/participate in conversation
- Not talking on the phone
- Less effective in the workplace for tasks requiring communication

Swallowing Difficulties

- Slow rate of eating
- Fatigue during eating
- Unexplained weight loss
- Change in dietary habits
- Recurrent pneumonia
- Nasal regurgitation

We encourage all individuals with communication (voice) and swallowing difficulties to obtain a referral to see a Speech-Language Pathologist (SLP) in their area. The College of Speech & Hearing Health Professionals of BC provides a directory of SLPs across the province [[view directory](#)].

In the meantime, there are a number of mobile applications that may be useful for people who are experiencing voice challenges:

- Speak Up for Parkinson's
- Voice-O-Meter
- iParkinson's
- Delayed Auditory Feedback
- Speech-Easy

Sources

BCASLPA. (n.d.). <http://www.bcaslpa.ca/>.

SAC. (2016). *Speech & Hearing Month* (news). Retrieved from <http://www.sac-oac.ca/news-events/speech-hearing-month>.

SAC. (2017). *Speech & Hearing Month*. Retrieved from <http://maymonth.ca/en>.

Grimes, D., Gordon, J., Snelgrove, B., Lim-Carter, I., Fon, E., Martin, W., & Canadian, N. S. F. (2012). Canadian Guidelines on Parkinson's Disease. *The Canadian Journal of Neurological Sciences*, 39(4), S1.