



# The Parkinson's Update



## Regional Parkinson's Conference

October 19, 2019

**Register Today!**

See page 18 for details

**A Magazine for the Parkinson's Community of Southwestern Ontario**

SPRING/SUMMER  
**2019**  
Issue 70

Questions to  
Ask Your  
Pharmacist

Hallucinations

The Stress of  
Parkinson's on  
Relationships

# From The CEO's Desk



## MISSION STATEMENT

### Parkinson Society

**Southwestern Ontario** is the voice of people living with Parkinson's in Southwestern Ontario. Our purpose is to ease the burden and find a cure through support services, education, advocacy and research.

## BOARD

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Coordinator of Volunteer Development and Administration

## Front Cover Photo:

### Volunteers are amazing!

Volunteers at WALK-IT for Parkinson's helped make the 2018 walks successful raising over \$437,000 in Southwestern Ontario.

A special thanks to



for their significant contribution to this newsletter.



It's hard to believe it is summer! A time to get out and enjoy the beautiful sunshine and greenery. Summer is always a busy time at Parkinson Society Southwestern Ontario. It is a time to kick things in high gear in preparation for **WALK-IT for Parkinson's** this September!



We rely on countless planning and on-site volunteers to make **WALK-IT for Parkinson's** happen in 16 different communities in Southwestern Ontario. **WALK-IT for Parkinson's** continues to be our largest fundraiser for local support services and research. We are truly inspired by our Southwestern Ontario community coming together each September for a common purpose.

Last fall, we invited you to participate in a survey to help us serve the local Parkinson's community better. As we get closer to finishing the strategic plan for the next three years, thanks to your input, I am excited to share a few new programs:

### Getting Connected

Getting Connected is a Parkinson's Referral Program designed to connect individuals diagnosed with Parkinson's with Parkinson Society Southwestern Ontario through their physician. It is an opportunity to connect individuals to Parkinson's educational programs and the services we provide. It also helps connect them with others living with the challenges of Parkinson's.

### Online Parkinson Education Program (PEP) for Community Caregivers

This convenient and cost-effective online training program allows healthcare professionals to become better equipped on how to care for their clients with Parkinson's (see page 17).

### Community Development Program

We are in the process of hiring two Community Development Coordinators, one in Grey Bruce and the other one in Windsor and Chatham. The program will enhance all areas of our mission through the development of partnerships and volunteerism in those communities.

Thanks to you, funds raised through **WALK-IT for Parkinson's** help enhance existing programs and create new ones that will have an immediate impact on the lives of people living with Parkinson's and their families.

We look forward to seeing you at **WALK-IT for Parkinson's** on September 7, 8 or 15. Together we **WALK-IT for everyone impacted by Parkinson's in Southwestern Ontario!**

A handwritten signature in cursive that reads "Shelley Rivard".

Shelley Rivard  
CEO

## Who will you WALK-IT for?

We hope you, your family and your friends will participate in  
WALK-IT for Parkinson's this September.

Register online at [www.walk-it.ca](http://www.walk-it.ca) or call 1-888-851-7376 to see how you can get involved. See pages 22-23 for details.



## Who will you WALK-IT for?

See pages 22-23 for more information, or go to [www.walk-it.ca](http://www.walk-it.ca)



### Regional Office:

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### Waterloo Office:

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Please call Kaitlin Garbutt at 1-888-851-7376  
before visiting the office.

[www.facebook.com/ParkinsonSocietySWO/](http://www.facebook.com/ParkinsonSocietySWO/)

[www.twitter.com/ParkinsonSWO](http://www.twitter.com/ParkinsonSWO)

*Although we make every effort to ensure that the information in **The Parkinson's Update** is accurate, we cannot take responsibility for any errors or omissions. Information is sometimes taken from letters to the editor, submissions from the Internet or other print material. We make an effort to acknowledge all of our sources.*

*The information is not intended to take the place of professional medical advice. If you are a patient currently being treated and have questions, or if you think you have Parkinson's but have not been diagnosed, please seek the advice of a medical professional.*

*This information does not replace consultation with your physician.*



### Recycle and Create Awareness

When you have finished reading this newsletter, please pass it on by leaving it in a library or a waiting room of a doctor's office, or give it to a friend.



## A Message from the PSSO Board President

Brad Richards,  
President,

Parkinson Society Southwestern Ontario Board

I have been involved with Parkinson Society Southwestern Ontario for a number of years now and I feel very privileged to have met and worked with a number of wonderful volunteers. It is amazing to see the dedication and support we have received as an organization. It takes many hands to accomplish so much in our community, whether it is being involved in a special event, community fair, conference or mailing, volunteers make a real difference.

On behalf of the board, a big 'thank you' goes to all our volunteers in Southwestern Ontario. In addition, a special thank you goes to Dr. Michael Ravenek and Bev Zaifman for all their contributions to the Parkinson Society Southwestern Ontario Board.



Mike Ravenek has been a member of the board since 2016. His experience as Assistant Professor, School of Occupational Therapy at Western University was an asset in his role as Research Program Adjudication Committee member for the Graduate Student Scholarship Program. His background in healthcare also benefitted the maintenance and implementation of client service programs.

Bev Zaifman's leadership skills and motivation to help were apparent from the start of her tenure with the PSSO board in 2012. Bev's insight from the perspective of a carepartner was invaluable. Bev has been very active in other volunteer roles including being a part of the planning committee for the Parkinson Golf Classic for a number of years that included the role of chair. She also was successful in recruiting sponsorships for thousands of dollars. Bev and her family have participated in Parkinson's walks as well as hosting a research night to honour healthcare professionals.



We wish Mike and Bev well in their future endeavours and we know they will continue to be part of Parkinson Society Southwestern Ontario.

If you are interested in finding out about how you can become a Parkinson Society Southwestern Ontario board member, go to [www.parkinsonsociety.ca/call-for-nominations](http://www.parkinsonsociety.ca/call-for-nominations).

If you are interested in finding out how you can help PSSO, please contact Vickie Thomas at [vickie.thomas@parkinsonsociety.ca](mailto:vickie.thomas@parkinsonsociety.ca) or 1-888-851-7376.



## Join Our Monthly Giving Club

Please consider joining our monthly giving club. Monthly gifts provide a secure funding base for Parkinson Society Southwestern Ontario and lower administrative costs. This allows us to direct more money to our vital services throughout the region.

For more information about monthly giving, please call 1-888-851-7376 or email [shelley.rivard@parkinsonsociety.ca](mailto:shelley.rivard@parkinsonsociety.ca).

# I Have Parkinson's But It Doesn't Have Me

**Shari Weaver**

Parkinson's knocked on my door in 1997 at the age of 45 and even though my greatest wish would be to totally kick this monster out of my life, it is still here and not likely to leave.

My husband Chuck and I were married 17 years at the time of my diagnosis and this year we will celebrate our 39th wedding anniversary. Chuck has always been my greatest support and carepartner.

At the time of my Parkinson's diagnosis our daughter was twelve years old and our son was almost nine and always on the move! Unfortunately, my memory fails to allow me to remember much of the time when our children were young. Thank goodness for photos and the written word (my journaling and poetry). I have to rely on those to spark my memory.

My greatest passion has grown over the past years - to sit on the front porch with pen and paper in hand. That is truly an enjoyable afternoon for me. Over the years, sharing my poems with family and friends has brought many new memories.

I have always tried to be active in our local Parkinson's support group since its first year in 2007. In order for a support group to succeed, members must be involved so that we can support each other.

Not long into my personal Parkinson's journey, I made the decision to give up my driver's licence before anyone told me I had to give it up. My anxiety and Parkinson's symptoms were not good for my driving.

There are some activities I have had no choice but to give up and there are other activities I had to adapt. The task may be done either in a different way or it may simply just take longer. I have learned to enjoy the process of my passion, not necessarily the result!

My best advice to anyone who has recently been diagnosed with Parkinson's is that no two people will have the same list of symptoms. Please don't think you are strange or so different that you can't reach out to others living with Parkinson's.

I have had more than my fair share of strange looks in the mall. Ignore what you can and understand that people are born curious. Don't be afraid to speak up and talk about Parkinson's to help educate others. We need the awareness for everyone living with Parkinson's.

Once I was in the checkout of a local store when my dyskinesia (fidgeting and rocking back and forth) was full blown. The cashier said in a loud voice, "If you have to go to the washroom, there is one at the back of the store." I was so embarrassed. With tears in my eyes, I told her that I had Parkinson's and that dyskinesia was one of the symptoms.

I have also been told more than once at a former medical clinic that there was no way I had Parkinson's because I had no tremor at the time. Can you believe it?

Try to make each day as happy as possible and do what you can. Don't expect to do as much as when you were young and living symptom-free. Be positive and try not to look too far into the future. Be determined to fight this Parkinson's monster and don't let it win!



# I Have Parkinson's But It Doesn't Have Me

**Karen Lawrence**

It's been six years since we first shared the story of Karen Lawrence (The Parkinson's Update, Issue 58). Diagnosed with Parkinson's in 2009, Karen was determined then not to let Parkinson's interfere with her life, and her resolve today is even stronger.

"Can't isn't part of my vocabulary," Karen states. "Perhaps I have to rest a while before I can do certain things, but they get done. I don't let it run my life – I run my life".

To help with the inconsistencies of the medications Karen was taking, she underwent Deep Brain Stimulation (DBS) surgery in 2017. She was up to 25 pills a day and estimates that 70% of the time, they weren't doing what she needed them to do. Since the surgery, the medication has been significantly reduced and her quality of life significantly improved. With the ability of the DBS equipment to record brain activity, she is now part of a joint study group between London Health Sciences Centre and Toronto Western Hospital to help healthcare professionals better understand Parkinson's and work towards a cure.

Karen began painting a few years ago. Her first painting, a birthday gift to her daughter, was a stunning 3' x 5' canvas of a mother and a child elephant. Now Karen is working on an idea for a painting which she will share with the Toronto Western Hospital Movement Disorder Clinic. She continues to work in her garden and this year she learned to knit and play the guitar.

Karen says friends are astounded at her drive and determination to remain active and not let Parkinson's hold her back. She attributes some of her strength to her strong family support system – five brothers and sisters, three beautiful kids and husband Murray who has always stood by her.

Still world travellers, Murray surprised Karen with a recent birthday celebration in St. Lucia, complete with an incredible ocean view and a romantic dinner. The dinner was on the beach where he shared that he knew they would be married the minute they met.

Karen and Murray are past chairs of the Cambridge Cut-A-Thon for Parkinson's, where they served for three years after Karen's diagnosis. At the Cut-A-Thon for Parkinson's they met Jessica Halls, coordinator of the Cambridge walk. Karen and Murray co-chaired the walk with Jessica that year. After that experience Karen and Murray took over the coordination of the Brant Norfolk walk, which they have now supported for 10 years. They are pleased to be running it again this year. They are proud of the big results that the volunteers help make happen.

As a member of a networking group through Brantford Tourism, Karen learned of a young woman who co-owned a boxing studio. Through discussion and Karen's determination, she is excited to share that boxing for people with Parkinson's will be coming to Brantford in the fall.

There isn't one particular event that stands out for Karen to describe how Parkinson's doesn't have her; she considers it a life choice. "I have Parkinson's. But I choose to live my life the best I can and to the fullest. Yes, I have the disease, but it doesn't have me. Along with my strong supports, I control my life the best I can. Every day is a new day and I am thankful. My challenges make me stronger."

Karen ensures she shares her experiences and encourages those with Parkinson's to keep in touch with her and call her with questions and concerns. She wants to support others as much as possible.

Karen shares her advice with those recently diagnosed with Parkinson's. "Live your life the way you always have, the way you want to. Create new ways to do what you love if you need to, but don't give up or give in. Love everyone around you – they care. Parkinson's does not have to control you."

Written by **Cheryl Losch, Volunteer, London**



### What is cannabis?

Cannabis is now an approved drug in Canada. It is made from plants (Indian hemp). Until recently, cannabis was used predominantly as a recreational drug but it is now available as a medicinal product.

There are two compounds present in cannabis: Cannabidiol (CBD) which is expected to not have central effects and Tetrahydrocannabinol (THC) which does penetrate the CNS (central nervous system).

There are specific brain receptors to which THC binds and therefore, can produce a 'high'. The medical term for this effect is psychoactivity. This means that taking THC will produce neurological side effects. CBD on the other hand, does not actively bind these receptors in any strength. Therefore, the euphoric effect is small.

Depending on the product itself and how it is manufactured, the composition of THC and CBD that makes up the product can vary widely. Therefore, tight regulation is required in order to be certain that if used in a non-psychoactive fashion, the substance consumed contains mainly CBD and not THC.

### Is cannabis a disease-modifying agent?

There is no data of cannabis actually modifying any disease. It is a chemical in itself and therefore, will have neurochemical effects on the nervous system. The effects will not be different than any other pharmacological product in that it can produce changes in the brain chemistry and have down stream effects which are potentially not predictable. Its effect on actually steadying or protecting neurons is unsubstantiated.

### Can cannabis improve motor symptoms in Parkinson's?

There is no evidence that cannabis improves any of the motor symptoms in Parkinson's such as tremor, stiffness and slowness. Some patients claim that the anti-anxiety effect that seems to occur from cannabidiol reduces their tremor. However, as mentioned above, cannabidiol does not bind to the receptors in the CNS. Therefore it is difficult to understand how something that is not supposed to produce psychoactive effects would reduce the Parkinsonian symptoms substantially. It is important to know that there are many side effects that do occur with medications given for Parkinson's. The most common are wearing off, fluctuations in symptoms and dyskinesia. There is no data to support that cannabis helps any of these symptoms.

### Can cannabis relieve pain associated with Parkinson's?

If there is any data with respect to the use of CBD oils, it is in the treatment of pain. This pain can occur from the nerves (neuropathic) or from muscles which is muscular pain. There is also data looking at pain in other conditions such as multiple sclerosis, where primary pain could be treated using CBD oil to some extent. However, no such data exists in Parkinson's. An important issue here is the interaction between anti-Parkinsonian medications that are being taken by almost all patients and CBD. There is no data regarding these interactions at the neurochemical level.

### So what other Parkinson's symptoms can cannabis help with?

There are claims that symptoms such as anxiety, restless legs syndrome (RLS), muscle cramps, pain, insomnia, REM sleep behaviour disorder (RBD - when patients act out their dreams) and agitation could be helped by cannabis. However, there is no scientific literature on this. Therefore, we do not prescribe cannabis for treatment of any of these symptoms. Again, the central effects of CBD oil are not felt to be potent which is the reason why it is not considered to be psychoactive. Therefore, it is difficult to understand how cannabis is supposed to relieve all of these symptoms in a neurodegenerative disease such as Parkinson's. Currently, cannabis is not being prescribed for any of these symptoms in Parkinson's because of a lack of scientific credibility.

**Does cannabis have side effects?**

There are many side effects of cannabis. First of all, the purity of the compounds in terms of containing THC vs CBD is very difficult to ascertain from different vendors. There are many products out there and unless you are sure that the product is mainly CBD oil and not THC-contaminated (this is very hard to determine), then side effects are definitely going to happen. These include lowering of blood pressure, feeling loss of motivation, memory dysfunction, confusion, dizziness, among other things. Of course, if the amount of THC in the product is high, then anxiety, paranoia and other such euphoria-like symptoms can be exaggerated.

The most important part out of all of this is the impaired cognitive function that can be seen. Patients with Parkinson's can have mild cognitive impairment even unknown to the patient themselves. Therefore, it is possible that the addition of cannabis will exaggerate these symptoms substantially. This may be especially true in terms of the chronic long-term effect of cannabis. This brings to light a new problem. Many of these symptoms of Parkinson's will share an overlap, including low blood pressure, balance difficulty, memory loss, apathy, anxiety and confusion. Therefore, it becomes extremely difficult for the treating physician to know whether the symptoms mentioned here are related to consumption of cannabis or are related to the degeneration occurring with Parkinson's.

**Does cannabis have interactions with my current medications?**

Cannabis, because of its pharmacological properties, can certainly impact binding of Parkinson's medications and the action could be either slowed or worsened (increased). Therefore, it is possible that the interactions of the multiple Parkinson's medications with cannabis will become unpredictable and difficult to manage. In addition to the anti-Parkinsonian medications, many of our patients are also taking other psychotropic medications, usually antidepressants or low-dose antipsychotics. The interactions between cannabis and these medications is also unstudied. Therefore, the use of CBD when patients are already on polypharmacy (many medications) is presently not advocated.

**Does the Movement Disorder Centre recommend the use of cannabis?**

Presently the Movement Disorder Center in Southwestern Ontario does not recommend the use of cannabis for any of the Parkinsonian symptoms. We do not advocate that people go to cannabis stores or centres to obtain cannabis for medical use. It is very difficult to titrate the anti-Parkinsonian medications if complications arise. This is largely based on the lack of evidence.

Therefore, it is important to note that if patients under our care use cannabis, it is entirely their responsibility and that the Movement Disorder Centre does not endorse or advocate use of this product in any way.

**Are you interested in participating  
in research? Have you considered a  
donation of brain tissue?**

The London Movement Disorders Centre is accepting donations.

**Contact Lisa Nixon at [lisa.nixon@parkinsonsociety.ca](mailto:lisa.nixon@parkinsonsociety.ca) or 1-888-851-7376.**

## How I Live With Parkinson's

I am a seventy-four year old wife and have been married to my husband for fifty-four years. I am a mother of five grown children and grandmother of four.

We have been truly blessed. When we all get together there is a lot of fun and laughter. I was diagnosed with Parkinson's almost thirty years ago. It has been my way of life adjusting to the symptoms as they progress.

On the whole I am doing well with some ups and downs. Through the years I have learned to accept the help that people offer because they really do care and for that I am very thankful.

I have learned to apply myself to various circumstances as they come about.

I have encountered some young children talking amongst themselves about why my head is crooked, I explain to them that I have Parkinson's and they readily accept that.

My biggest problem is that my feet can freeze on the spot at any given time, even when I use my walker. Then I feel like I'm stranded. My husband learned a little trick to get me started again, which often works. He puts his foot in front of mine so that I have to step over his foot. Nothing else works.

A number of things don't come easily, such as making a bed when your feet don't want to move. Sometimes it can take about a half an hour or so, but I don't quit! No one gets arrested for not having the bed made by nine or ten o'clock in the morning.

I don't set any time limits for goals that I may have and I pat myself on my back for each accomplishment - that is if I can move my arm that far, ha.

One should try not to be too hard on oneself. I always remember my dad telling us about the little locomotive who had to bring a heavy load up a mountain. The little locomotive said, "I think I can, I think I can, I know I can, I know I can."

I enjoy all aspects of housework as well as baking, sewing and crafting. I always have a number of projects on the go. I also love to garden. However that has become more difficult, so I sit on the deck and watch my husband and give him advice - even though he is a horticulturist, ha. I can certainly enjoy all the many flowers and shrubs as well as birds, butterflies and bees. All of nature as a whole.

Above all, I bring any burden or frustration to God. He promises to give me peace and rest. He is always with us to provide for all our needs. That is where I get my strength. Each new day is a gift from God and I try to do my best.

### Irene Wyma

Ridgetown



Irene Wyma

## Are You in the Waterloo Region?

Parkinson Society Southwestern Ontario's

Kaitlin Garbutt works out of

**Wilfrid Laurier University**

Northdale Campus, 66 Hickory St., Waterloo  
(back door of parking lot)

Please call 1-888-851-7376 before visiting the office.

## The Parkinson Legacy

Gift Planning is the act of planning a gift to Parkinson Society Southwestern Ontario.

Here are ways to make a difference through a bequest:

- Invest in PSSO's greatest needs
- Contribute to a specific program
- Donate to research and help find a cure
- Commemorate a life

Making your gift of hope for today and tomorrow is easy. Call 1-888-851-7376 or email [shelley.rivard@parkinsonsociety.ca](mailto:shelley.rivard@parkinsonsociety.ca).

Pharmacists take time and care to ensure your medication is right for you. When you are first prescribed a medication, it is always best to ask the pharmacist some questions to ensure you get the most out of your medication. If you know what to expect and what to do, your medication will be more effective in reducing your symptoms of Parkinson's. Here are the six questions you should be asking your pharmacist:

### 1. "Can I take this medication with food?"

Some medications given for Parkinson's (such as Sinemet or Parcopa) are better taken on an empty stomach to ensure the medication is properly absorbed. If you are supposed to take it with food, be sure to ask if there are any specific foods you should avoid.

### 2. "I also have other health issues (list them for the pharmacist). Will my medications interact or make my other condition worse?"

Although pharmacists take time to ensure your medications will not conflict, it is important to ask and make sure. Asking assures that your pharmacist goes through your medication list and accounts for any interactions that could occur.

### 3. "What side effects can I expect? What side effects tell me I should see my doctor?"

Some side effects of medications are fairly common, so it is good to know exactly what is normal and what is not. You do not need to have a listed side effect to see your doctor either. It is also about how your medication affects your daily functioning. Your pharmacist can help you make an informed decision on when to seek assistance from your doctor.

### 4. "I have trouble swallowing pills. Can I crush this medication, or is there another way I can take it?"

Some medications should not be crushed – be sure to ask your pharmacist and physician before you crush a medication if you are having trouble swallowing. There may be another form of medication that is easier to take than a pill.

### 5. "Where should I store my medication?"

Storing your medication properly is imperative. Some medications may lose their effectiveness faster than the expiry date on the bottle when exposed to certain conditions, such as sunlight. Your pharmacist can tell you how to store your medication, so you can best reap the benefits of your prescription.

### 6. "When should I expect to see results?"

Long-term medications such as those often used in Parkinson's take time to build up to a concentration in your body that will effectively reduce your symptoms. Remember that the number of days the pharmacist will tell you is likely an average. Although your body may respond differently to the medication, it's still good to have a rough estimate of when you should be seeing benefits.



Author: Michael Groff

Sources: Wick, J. Y., RPh, MBA, FASCP. 2010. Treating Parkinson's Disease: The Pharmacist's Role. Pharmacy Times. Retrieved from: <https://www.pharmacytimes.com/publications/issue/2010/march2010/featureparkinsons0310>. Sources: <https://www.parkinsonsmi.org/medications/entry/how-is-parkinsons-disease-treated>, <https://www.healthguidance.org/entry/14160/1/how-to-properly-take-parkinsons-disease-medications.html>, <https://www.apdaparkinson.org/what-is-parkinsons/treatment-medication/medication/>, <https://www.pharmacytimes.com/publications/issue/2010/march2010/featureparkinsons0310>

Parkinson's can be a cause of hallucinations and delusions, but very often they are a side effect of certain medications used to treat the condition.

## What is a hallucination?

A hallucination is a perception of something that does not actually exist. This may be visualised, heard, felt, smelled or tasted. Hallucinations are sometimes confused with illusions, which are distortions of reality rather than something that is purely imagined, i.e., hallucinations.

**Visual hallucinations:** In Parkinson's, hallucinations are most commonly visual and may be in black and white or in colour, still or moving. Often the images involve small animals and children. They may disappear quickly or may last for some time.

**Auditory hallucinations:** Auditory hallucinations (hearing things that do not exist) are less common. These generally involve hearing voices or other familiar sounds.

**Tactile hallucinations:** Hallucinations may be tactile, that is, you may feel a sensation, like something touching you.

**Smell and taste hallucinations:** Less commonly you may feel that you can taste something you have not eaten, or you may smell something that is not present, such as food cooking or smoke.

Usually hallucinations are not threatening or distressing. If you hallucinate you may be unaware that your perceptions are not real, and sometimes imagined images or sensations can be comforting. But hallucinations can also be distressing. You may feel threatened or frightened and may need reassurance and comfort from those around you.

## What is a delusion?

A delusion is a thought or belief that is not based on reality, as opposed to a hallucination which involves seeing, hearing, tasting, smelling or feeling things that do not exist.

People who experience delusions may be convinced that the delusions are true, even though they are irrational. An example is paranoia, a feeling that someone is trying to cause them harm or that there is a conspiracy against them. Delusions can be difficult to overcome, particularly if they involve a caregiver or another close contact. Delusions may provoke suspicion, mistrust, jealousy or a strain on relationships. Severe delusions can cause anxiety or irritability, especially if the person finds it difficult to tell whether things are real or not.

Some people with Parkinson's experience a mixture of delusions, hallucinations and illusions which may make them feel confused and impact their daily life.

## Hallucinations, delusions and Parkinson's

It is estimated that about 50% of people with Parkinson's will, at some point, experience hallucinations. They can affect younger people but are more often associated with those who are older and have had Parkinson's for some time.

Hallucinations experienced early in Parkinson's may also be a symptom of the condition dementia with Lewy bodies (DLB), so it is important to let your doctor know if hallucinations begin at an early stage.

Parkinson's itself can be a cause of hallucinations and delusions, but very often they are a side effect of certain medications used to treat the condition. However not everyone who takes Parkinson's medications will experience hallucinations and delusions. This varies from person to person and is often related to the particular type of medication and dosage.

Other factors may be involved, such as underlying illness, memory problems, sleep difficulties and poor eyesight.

## Treatment and management of hallucinations

You should discuss any hallucinations or delusions with your doctor, or Parkinson's nurse if you have one, so that all treatment options can be considered.

In mild cases no specific action may be required. Simple reassurance that the images, sensations or sounds are harmless may be all that is needed.

## UNDERLYING ILLNESS

Hallucinations and delusions sometimes occur as a result of other illnesses such as a chest or bladder infection, or as a side effect of the medications used to treat them. Therefore your doctor or nurse will treat any underlying illness first. Then hallucinations or delusions may stop.

## MEDICATION

Hallucinations and delusions can occur as a side effect of many medications, but are particularly associated with amantadine, dopamine agonists or anticholinergics, especially in older people. Sometimes they occur when medications are adjusted or if a new medication is added. But hallucinations may occur at any time and there may not appear to be any correlation with a change in drug regime.

If hallucinations or delusions are not causing you distress, your doctor may decide just to monitor the situation rather than treat it immediately. Adjusting or introducing medications can be tricky, as this may interfere with other Parkinson's symptoms.

However, if they are distressing, your doctor will probably alter your Parkinson's medications. Usually amantadine and anticholinergics are stopped first, followed by dopamine agonists as necessary. If hallucinations are severe, your doctor may suggest you take levodopa on its own. Your doctor will always try to balance the lowest possible dose with an acceptable effect on motor symptoms.

Such adjustments do not always stop hallucinations or delusions. This may mean that other Parkinson's symptoms are not adequately controlled, and so quality of life is compromised. Finding the right balance between good symptom control and hallucinations can be tricky. If this balance is not found, then special drugs, known as neuroleptic or antipsychotic drugs, may be prescribed.

Clozapine and quetiapine are the most common neuroleptic medications used to treat hallucinations or delusions in Parkinson's. Other neuroleptics should not be used because of the risks of worsening other Parkinson's symptoms.

## MEMORY PROBLEMS

Hallucinations and delusions are more common in those who already have some memory problems often associated with dementia.

If you have signs of memory problems, certain drugs used to treat dementia may help with hallucinations or delusions, as well as improving memory. Your doctor will be able to advise which medications may be suitable, again weighing any potential worsening of other symptoms.

## SLEEP DISTURBANCE

Those whose normal sleep/wake pattern is disturbed or who sleep a lot during the day seem to be more prone to hallucinations and delusions, and some may also experience sleep talking or sleep walking.

If you experience sleep disturbance at night or sleep a lot during the day, it is important for you to re-establish a more 'normal' sleep pattern. There are many reasons for sleep patterns being disturbed and once these are treated, hallucinations or delusions may well stop or subside considerably.

## EYESIGHT

Visual hallucinations can occasionally occur because of poor eyesight, so it is important to have regular eye checks. Make sure you use any recommended reading aids such as glasses.

## TALK ABOUT YOUR HALLUCINATIONS AND DELUSIONS

Your hallucinations or delusions can be distressing for those around you. They may be unsure how to react, so let them know what you are going through and how best they can help you. They will be more able to support you if you share your experiences with them, particularly if you know what the most common triggers are and what can be done to make the hallucinations or delusions go away.

Counselling can sometimes be helpful, particularly if the hallucinations or delusions strain relationships. Your doctor will be able to advise on the available types of counselling.

## Hallucinations

Continued from page 11

### FOR FAMILY, FRIENDS AND CAREGIVERS

The following may be helpful for anyone supporting a person experiencing hallucinations or delusions:

- First, make sure that the person experiencing hallucinations or delusions discusses these with a doctor or other healthcare professional. Seeking medical advice is important in finding ways to cope and minimize the impact on quality of life. It is also important to promptly discuss with a doctor any worsening of hallucinations or delusions.
- Remember that the person experiencing hallucinations or delusions may not realise what is happening to them. They may not want to discuss them with you. If you think they are behaving oddly, try to ask them if something is troubling them, or ask your doctor for advice.
- Stay calm and let the person hallucinating know that you cannot see, hear or feel what they are, but in such a way so as not to upset them or cause an argument.
- Be understanding and reassuring if the hallucinations are distressing. Questioning or doubting the hallucination or delusion may cause further distress or conflict.
- Try to minimize anxiety and stress as these can make hallucinations and delusions worse.
- Discuss what happens when the person experiences a hallucination, when they are most likely to occur, anything that makes them go away, and anything you can do to show support.
- It may be helpful to try to distract the person by changing the subject or moving away from the surroundings in which the hallucination or delusion has just occurred.
- It is important to encourage a dialogue with their doctor so that they can be treated appropriately.
- If you are concerned that severe delusions may lead to safety issues, you should seek medical advice promptly.
- Make sure that you have some time for yourself. Supporting someone with hallucinations or delusions can be very draining. You will be far more helpful if you are refreshed.

Content last reviewed: June 2018. Acknowledgement: Our thanks to Parkinson's UK for permission to use the following source: Hallucinations and delusions.

When an individual is faced with a life-threatening illness, many emotions rush to the surface. At the time of diagnosis, we might expect to feel sad, frustrated, cheated, angry, anxious or worried. What we might not expect is that we will begin to grieve from that moment forward. We often don't think about grief unless we've experienced the death of a friend or loved one, but when individuals and families are living with a life-threatening illness, it is helpful to recognize that some of the emotions we experience are indeed grief-related.



When grief is viewed as a natural response to any loss, we can better understand ourselves and each other. The person with the illness, as well as family and friends, will naturally grieve losses that are bound to occur along the illness trajectory. As families traverse this road together, there are many points along the way where losses become part of the experience. This experience of grieving is known as anticipatory grief – we grieve in the present, for the past, for the future, for what lies ahead. These non-death related losses might include loss of a career, good health, social connection, stability, our identity, our sense of worth as established roles and relationships shift and independence as the illness progresses and caregiving demands increase. We will grieve the loss of hopes and dreams, of the future we thought we'd share.

Hope is a unique aspect of anticipatory grief. What we find ourselves hoping for throughout the course of illness will inevitably need re-visiting time and time again. Long-term plans may need to be replaced with short-term plans. This is an ongoing and challenging process for families. It involves investing emotional energy in attending to the needs of the loved one – maintaining present attention and involvement in life as it is now – and an equal portion of energy directed toward thinking about what life will be like after our loved one dies. This becomes a complicated dance of sorts – emotions can become muddled and confused.

While this may certainly sound uncomfortable, it's important that we understand that anticipatory grief serves a valuable purpose as we journey together as a family. Anticipatory grief is a healthy response to an anticipated death. It graciously provides us with the gift of time - a time of reflection, a time when we can slowly come to terms with the reality of our situation. It can be a time of enhanced intimacy and communication, a time to show and express our deepest feelings. Some may find it easier to share their feelings with a friend or a professional. The key is to honour these emotions, to give them space to exist.

When we are able to acknowledge our emotions and our grief safely, openly and honestly, we will feel less overwhelmed and less alone in the confusion of it all. Anticipatory grief provides us with the opportunity to acknowledge our differing needs – physical, emotional and spiritual – as the illness progresses. When we attempt to keep the lines of communication open within a family, we foster compassion and understanding, and the road ahead is eased. Then, we are better able to shift our focus more intentionally toward the present, toward supporting, caring, loving and continuing to create meaningful moments together as a family, toward living each day as it comes to the best of our ability.

### Cheryl Wituik, BSW RSW, BA (Thanatology)

Program Coordinator, Hospice and Bereavement, VON Oxford

## What is the flu?

Influenza, more commonly known as the 'flu' is caused by influenza A or B viruses, and is a contagious respiratory illness. The severity of illness caused by the flu can vary from being extremely mild to potentially life-threatening. Symptoms include, but are not limited to, fever, coughing, sore throat, runny nose and fatigue. While most people tend to recover from the flu within a few days, some individuals may be at a higher risk for developing complications that are more serious if not carefully dealt with.

## How does the flu season affect patients currently suffering from Parkinson's disease?

Winter is the time of year when we are advised to take extra precautions to stay healthy and avoid illness. Patients with Parkinson's disease are often more sensitive to extreme heat and cold, as a result of difficulties in maintaining body temperature. As well, an illness may be accompanied with worsening of the symptoms of Parkinson's disease, including difficulties in walking, maintaining balance and tremor. This can lead to prolonged illness that lasts longer than an average flu. As well, Parkinson's disease can make breathing a challenge for some individuals. Getting infected with the flu can ultimately make breathing even harder, potentially leading to fatal illnesses such as pneumonia.

## How can patients with Parkinson's disease stay protected throughout flu season?

There are several precautions patients with Parkinson's disease can take to prevent the onset of the flu, as well as to alleviate symptoms and aid with recovery:

- 1) Preventing the onset of the flu in the first place is the ideal option. Accordingly, patients are highly advised to receive the flu shot. Research has shown that the flu shot does not interact in any detrimental way with medications prescribed to patients with Parkinson's disease. However, patients are encouraged to consult a health care professional to discuss their suitability for the flu shot. Receiving the flu shot can ultimately prevent the onset or severity of the illness.
- 2) Patients are highly encouraged to keep up with their exercise program. Not only does exercise have the potential to alleviate many of the symptoms associated with Parkinson's disease, but also producing sweat can facilitate the removal of germs and toxins from the body.
- 3) Talk to your pharmacist about over-the-counter medications if you are infected with the flu. It is critical that the appropriate medications be taken to ensure that there are no interactions with any other medications the patient may be taking. Certain over-the-counter drugs, taken at the right dose and time, may be a good option for alleviating symptoms. This means that being cautious of early flu symptoms and taking immediate action is essential.
- 4) Natural remedies, such as lemon tea, have many positive health benefits. Lemon is very effective in helping to thin mucus, and the steam from hot tea can trigger hair follicles in the nose to eliminate pathogens.



**Author:** Ria Singla

Sources: <https://www.parkinson.org/sites/default/files/Parkinson-Report-2016-Fall-Winter-Top-Questions-and-Answers-and-caregiver-tips-daily-living.pdf>, <https://parkinson.org/blog/whats-hot/over-the-counter-medications-flu-season>, <https://parkinsonsnewstoday.com/2017/10/26/tips-how-stay-healthy-cold-flu-season/>, <https://www.health.ny.gov/publications/2450.pdf>, <https://www.cdc.gov/flu/consumer/symptoms.html>, <https://www.parkinsons.org.uk/news/managing-parkinsons-winter>

Vivid dreams are when the person acts out a dream. This unusual behaviour can sometimes be dangerous.

Anyone can experience phases of vivid dreams. However, it occurs more frequently in men over 50 years old. Three percent of people over 40 have REM (Rapid Eye Movement) sleep behaviour disorder. An estimated percentage can reach 50% for those living with Parkinson's disease.

This article will be talking about the origin of troubled dreams, their symptoms, how they are diagnosed and treated, and also the possible causes.

Our sleep cycle is composed of several phases, during which the brain has a variable level of activity.

During the light and deep phases of sleep, the brain emits slow waves. These are phases of rest during which muscle tone is always present.

About 90 minutes into sleeping, we enter a paradoxical sleep phase during which we dream. During this phase, breathing and heart rate accelerate and the eyes start to move quickly. That is why this stage is also called sleep with quick eye movements or REM sleep (Rapid Eye Movement). This stage occurs cyclically throughout the night, alternating with non-paradoxical sleep, every 80 to 100 minutes or so. It happens four or five times in a period of eight to nine hours.

During paradoxical sleep, the brain inhibits the motor system, making the sleeper completely immobile. When most people have dreams in which they see themselves active, their bodies remain motionless. However, the sleeper who has a vivid dream will deploy physical energy during the dream. Instead of impassively dreaming while the body is immobile, they will have dreams characterized by screams, laugh, body movements, movements in the bed, kicks... as if they 'acted out' the dream.

The risk of movement or violent behaviour is much higher when the sleeper dreams about scary or aggressive situations. When they are awake, they can remember their dreams but they will not remember their physical and oral actions.

### What are the causes of vivid dreams?

The exact causes of vivid dreams are still unknown. For a long time, paradoxical sleeping disorder was considered a problem affecting only sleep without significant disruption of day-to-day life.

Recent studies suggest that taking certain drugs such as antidepressants, or taking or weaning drugs or alcohol, can lead to restless dreams. Exposure to pesticides, farm life and head injuries are also factors that could contribute to the development of this disorder.

### Are vivid dreams a symptom in diagnosing Parkinson's?

Since the 1990s, several studies tried to demonstrate that this disorder is a precursor to neurological diseases, including Parkinson's disease. People with paradoxical sleep disorder are at a higher than average risk of developing a neurodegenerative condition. Nearly 38% of people who have restless dreams will develop neurological diseases, such as Parkinson's disease, Lewy's body dementia or multisystemic atrophy.

Vivid dreams are much more than a sleep problem. Long-term monitoring of patients may help to better understand the predisposing factors of some neurodegenerative diseases or to identify better treatments.

### How do we diagnose vivid dreams?

To make a precise diagnosis, people who have vivid dreams must go to a sleep study centre and take tests for an entire night.

During the night, the medical team monitors the patient's level of activity in regards to breathing, their brain and their movements. Through these tests, doctors can understand why muscle tone is not inhibited during this period and they can eliminate other causes of sleep disorders.

### Symptoms associated with vivid dreams

Vivid dreams can be associated with these different types of behaviour:

- Talking
- Screaming
- Howling
- Being physically violent
- Punching and kicking
- Cursing
- Sleepwalking

### What treatments are available for vivid dreams?

Treatment of restless dreams often includes additional medication and changes in sleep habits.

#### DRUGS USED

Many drugs are effective in the management of paradoxical sleep disorder. Low-dose benzodiazepines remove muscle activity and relax the body during sleep. Unfortunately, this class of drug has the disadvantage of creating an addiction and can be in conflict for patients with postural disorders or sleep apnea.

### Change in lifestyle habits

The following strategies may help you and your partner to be safe:

- Place the bed against the wall or install pillows to avoid falls
- Consider installing safety rails on the bed
- Place sharp objects and furniture away from the bed
- Move the bed away from the windows
- Do not share the room if the paradoxical sleep disorder becomes too inconvenient.

A discussion with an occupational therapist can provide several concrete solutions to secure the bed environment and prevent injuries.

### What are the possibilities for someone who experiences vivid dreams?

The movements and behaviours involved in paradoxical sleep disorder can become increasingly violent over time. Treatment of this condition is important in order to prevent injury.

During your meeting with your medical team members, you should inform them of your observations regarding your sleep episodes. Using a sleep diary for a few weeks could help account for the frequency of episodes and therefore help your doctor to understand your difficulties more easily.

Vivid dreams in the context of Parkinson's disease are a problem recognized by the scientific community. Do not hesitate to talk to your team of professionals so that sleep remains a pleasant and safe activity!

*NOTE: This article has been reprinted with the permission of Parkinson Quebec.*

dot health

## Dot Health No Longer Free

In The Parkinson's Update (issue 69), the Dot Health app to get your doctor's notes, prescriptions, blood tests and more was free. The program has since changed and is no longer free.

In sickness and in health, a vow is part of most marriage ceremonies in some form or another, regardless of religious background. However, when a partner receives a diagnosis of chronic disease, idealism often fails in the presence of reality. And marriages or relationships begin to fall apart.

The statistics are startling when it comes to divorce rates. In the U.S., the overall lifetime divorce rate runs about 50%. This statistic is thought to be much higher in the chronically ill population, such as those already burdened with a diagnosis of Parkinson's disease.

There are a number of reasons that a marriage is strained when one spouse faces a diagnosis of chronic illness, such as Parkinson's disease. This list is by no means all-inclusive, nor does every reason apply to each couple's situation. Each of our relationships is unique and we face a different set of circumstances based on many life variables. These are simply some common issues that can affect our relationships.

Our partner may have to take on more responsibilities. With physical limitations that one spouse may be experiencing due to their illness, such as fatigue, pain, stiffness and slowness in the case of Parkinson's disease, our partner may be playing a greater role in the management of household and life responsibilities. Added to normal duties, this may cause additional stress.

We may not be in 'the mood' as much. When you are feeling chronically unwell, intimacy is often not a priority. When you are not comfortable in your own body, then sharing yourself physically may not be an appealing option. But intimacy is important for many people and is felt to be an integral part of the relationship. Without this physical connection, overall closeness may suffer.

We change. Dealing with a chronic illness is not easy. Many of us experience denial and helplessness as we face this new diagnosis. We may withdraw, building an impenetrable wall that distances us from our family, making us unapproachable. We are inevitably shaped by our life experiences, both positive and negative, and our experience with Parkinson's disease is no exception to that.

We stop communicating in a real way. Chronic illness can bring about emotions difficult to cope with, including guilt, frustration, helplessness, anger and sadness. In recognizing the stress our illness places on our family, we may be hesitant to express our feelings or share our pain, be it physical or emotional. Likewise, the pain or even resentment that our partner feels is also difficult to talk about. When these important feelings or concerns are not expressed, communication becomes mechanical, superficial, aimed at addressing issues of little significance.



## The Stress of Parkinson's on Relationships

Continued from page 16

By not adjusting our expectations, we set ourselves up for disappointment. If you as a couple blindly hold on to the life plans or expectation you had pre-illness, then disappointment is inevitable. Your goals may need to be adjusted, taking into account newly placed limitations. For example, if there is a loss of income, then finances have to be adjusted. If physical limitations exist, then the bucket list may have to be rewritten.

There is a divide between expectations and reality. This issue is a result of poor communication. When one spouse expects a kind word of reassurance but is instead met with practical, logical words of support, this can lead to hurt and frustration on both sides. The affected individual is not having their needs met and the carepartner does not understand why their response is met with anger or disappointment.

Relationships require careful nurturing and attention. They require work even in the most ideal circumstances. In the context of an added life stressor such as chronic disease, even greater awareness and consideration are needed. Recognizing the specific way Parkinson's is affecting your relationship is important and taking action to address the issues causing the extra stress is imperative.

Dr. Soania Mathur

[www.designingacure.com/page-85/](http://www.designingacure.com/page-85/)

## ADD PEP TO YOUR STEP

The NEW online **Parkinson Education Program (PEP) for Community Caregivers** is an eight-module educational series offered to help better equip healthcare professionals in providing care to individuals living with moderate to severe Parkinson's.

We offer this **FREE** online training program to professionals working in community settings (e.g., long-term care homes, home healthcare agencies, etc.). Our aim is to help reduce the burden of those living with the disease and their professional healthcare providers.

Healthcare professionals will gain valuable practical skills while increasing knowledge and confidence in order to care for those living with Parkinson's. This program is self-paced, ongoing and can be taken at any time! Don't miss out on this learning opportunity!

For more information or to register, go to [peponline.ca](http://peponline.ca) or contact Kaitlin Garbutt at [kaitlin.garbutt@parkinsonsociety.ca](mailto:kaitlin.garbutt@parkinsonsociety.ca) or 1-888-851-7376.

**PEP**  
Parkinson Education Program  
for Community Caregivers

*Parkinson Education Program (PEP) for Community Caregivers is a very worthwhile continuing education course for anyone working with people with Parkinson's.*

*This course is divided into manageable-sized modules that are written concisely and in language easy to understand. The accompanying voiceover helps with focus and comprehension.*

*Despite many years of nursing, often with people with Parkinson's and their families, I learned new things from this course which destroys the stereotypes that most of us have and provides caregivers with a glimpse inside the patient's world.*

*Understanding Parkinson's from the patient's perspective is key to a successful therapeutic relationship.*



**Kathy Faulds, RN BScN**

# 2019 Regional Parkinson's Conference

Saturday, October 19

The Regional Parkinson's Conference provides information, education and support to people living and working with Parkinson's in the Southwestern Ontario region. Highly regarded by both those within the Parkinson's community and the healthcare profession, the conference is always one of the year's highlights.

**Best Western Plus Lamplighter Inn & Conference Centre**  
591 Wellington Rd., London



## Dr. Gloria Grace, C.Psych.

Department of Psychology and Clinical  
Neurological Sciences  
University Hospital, London Health  
Sciences Centre



## Dr. Mandar Jog, MD, FRCPC

Professor, Department of Clinical  
Neurological Sciences, Neuroscience,  
Physiology and Pharmacology, Neurology,  
Schulich School of Medicine & Dentistry,  
Western University

Featuring an informative armchair discussion with **Dr. Jog** and **Dave Levac**



## Dr. Scott Ryan, Ph.D

Assistant Professor  
Department of Molecular  
and Cellular Biology  
University of Guelph



## Dave Levac

Former MPP for the riding of Brant  
Motivational Speaker

## Registration: \$50

If you are travelling and want to stay the night, remember to book your hotel room early as space is limited. We have a block of rooms reserved at the Best Western Plus Lamplighter Inn & Conference Centre, 591 Wellington Rd., London. To book your room, please contact the hotel at (519) 681-7151.

To register, go to [www.parkinsonsociety.ca](http://www.parkinsonsociety.ca) or call 1-888-851-7376.

## HIGHLIGHTS OF LIVING WELL CONFERENCES: WHAT'S IN YOUR PD TOOLKIT

OVER 360 ATTENDEES | THANK YOU TO ALL OF OUR SPEAKERS AND SPONSORS WHO MADE THESE EVENTS POSSIBLE!

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# Community Partnerships

## Community Partnerships

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 BP Canada Energy Group ULC (Sarnia)  
 Bencom Financial Corporation Golf (Kitchener)  
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 Caesars Windsor (Windsor)  
 Chorley & Bisset Employees Charitable Contributions (London)  
 Corporation of the City of Sarnia Employee Donations (Sarnia)  
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 Jessica Tessier Fundraiser (London)  
 Kitchener-Waterloo Civitan Club (Waterloo)  
 Ladies of F.R.I.E.N.D.S. at Rockway Centre (Kitchener)  
 London Hydro – Ecco Fund (London)  
 Lori & Marnie Facebook Tupperware Fundraiser (Kitchener)  
 Precious Blood Catholic Women's League (Exeter)  
 Rotary Club of Meaford (Meaford)  
 UCB Canada Inc.  
 University Students' Council, Western University (London)  
 Vittoria Women's Institute (Vittoria)

## Honouring Loved Ones Through Donations

Sheila Christianson (London)  
 Howard Danard (Shallow Lake) Father's Day  
 Bob Daragon (LaSalle) In Honour  
 Connie Birmingham (Stratford) Birthday  
 Chris Bergerink (Kitchener) Birthday  
 Gary Ferrier (Hanover) (in lieu of wedding favours)  
 Joe Swinkells (St. Thomas) Birthday  
 Joyce West (Kitchener) Birthday  
 Rob Bousfield (London) Birthday

## Find Out if Your Employer Offers a Matching Gift or Volunteer Program

Many companies have matching gift programs in which they will match a donation given by an employee, retired employee or even volunteers. Check with your company's human resources department and ask your parents/friends/relatives if their employer has a matching gift program as well. Then, work with employers. It's an easy way to double your impact.

## Participating Organization:

Union Gas - Vancouver Foundation Matching Gifts Program

## Foundations

Paypal Giving Fund Canada



Residents at Waterloo Heights showed off their skills at the Spring Fashion Extravaganza.



Sarnia's BP Canada Retirees (from left to right) Susanne McRae, Bill Coombes and Parkinson's support group facilitator Carolyn Young thank BP Canada Energy Group ULC for their generous donation to Parkinson Society Southwestern Ontario. Bill is a well-known photographer holding yearly Parkinson fundraisers showing the most recent collection of photos taken on his travels.

With your help we can do so much more  
 for people living with Parkinson's.

# VOLUNTEER TODAY!

Call 1-888-851-7376 or email [vickie.thomas@parkinsonsociety.ca](mailto:vickie.thomas@parkinsonsociety.ca)  
 to find out how you can help.





# Celebrating Success!

## Hair Affair

FOR PARKINSON'S

Thank you to our Key Sponsor



### Hair Affair for Parkinson's (Waterloo Region)

What a wonderful day! Special thanks to participating salons: Bilalo, Capri Salon & Spa, Deevea, Essence Salon & Spa, FAD Hair Studio, Voila Sportsworld and Xcentric Hair Studio.



### Hair Affair for Parkinson's (London)

Thanks to everyone who made this year's Hair Affair a success! Special thanks to participating salons: Artistic Spa, Bombshell Hair & Esthetics Studio, Chatters Masonville Mall, Chez Cheveux, Les Ciseaux, Michael Christopher Hair Salon, Nova Vita Hair Studio & Esthetics, Pixie & Paige, Shampoo Planet, Skintreet Salon & Spa, Studio H Artist Group, Rouge Boutique Hair Salon and Wright Hair & Co.



Members of the Windsor Parkinson's SMART Exercise Group led the meditation portion of a breakout session at the Living Well Conference in Windsor this past April.



Participants of the Living Well Conference in Walkerton took a short break from the educational session.

**By volunteering, not only do you help the Parkinson's community, you have a great time doing so and connecting with others! Join our volunteer team who help make our events possible throughout Southwestern Ontario.**

# Thank you to all our sponsors, participants, donors and volunteers!



Thank you to our Presenting Sponsor **finch AUTO GROUP**  
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## 7th Annual Signatures – A Taste Test of London's Best in Partnership with Finch Auto Group

London restaurants and caterers showcased their signature dishes to a hungry crowd at Budweiser Gardens. Thank you to everyone who participated in making Signatures such a great event!



Special thanks to our Platinum Sponsor **TMMC** Toyota Motor Manufacturing Canada Inc.



## 2nd Annual Signatures – A Taste Test of Waterloo Region's Best

We had a fantastic second Signatures event in Waterloo Region! Thanks to everyone who joined us for lunch and a very special thank you to our sponsor, TMMC, as well as the many food vendors who fed the crowd! We're looking forward to next year.

Thank you to our Presenting Sponsor



## 10th Annual Parkinson Golf Classic Presented by Rembrandt Homes (London)

Another great day of golf, food and auctions thanks to our organizing committee, volunteers, participants, sponsors and donors.

To find out about upcoming events or to get involved,  
 go to [www.parkinsonsociety.ca](http://www.parkinsonsociety.ca).

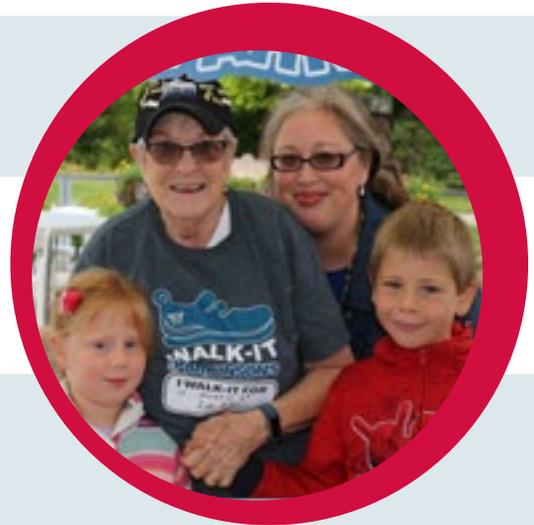
Mary Vernon was impacted by Parkinson's when her long-time friend was diagnosed with the disease. Mary fondly remembers, "We were neighbours growing up and I could never remember a time without him. He was like family. His parents separated so my dad was like a father figure to him."

Mary has been involved with the London and Area WALK-IT for Parkinson's ever since she found out about her friend's diagnosis. "I have joined him on the walk every year since (his diagnosis) and even after he passed away a few years ago." shares Mary. She has been participating in WALK-IT for Parkinson's for 20 years. Mary mentions, "I cannot remember a time I wasn't walking to support him and the friends I have made."

Ever since Mary has participated in WALK-IT for Parkinson's, she has raised an incredible amount of support for the Parkinson's community and continues to do so every year. Mary is a retired teacher, so she has gotten to know many people in the area and encourages them to participate in WALK-IT for Parkinson's. Her family and even families of her previous students have joined her on the walk!

Mary loves going to the walk every year and seeing the children play. She enjoys seeing those who have Parkinson's, knowing that they are not letting the disease take away from their participation in the event.

For those coming to the walk for the first time, Mary wants them to know that everyone is accepting and there is no doubt you will have tons of fun. Mary also says, "I praise anyone who comes out and supports Parkinson Society Southwestern Ontario." Overall, she thanks everyone who is supporting people living with Parkinson's in our community by participating in WALK-IT for Parkinson's.



**NOTE:** It was through Mary that the Retired Teachers of Ontario donated \$10,000 to Parkinson Society Southwestern Ontario.

## WALK-IT for Parkinson's

### September 7, 2019:

- Brantford-Brant County – Mohawk Park
- Goderich – Rotary Cove Pavilion
- London and District – Springbank Gardens
- South Grey Bruce and Hanover – Hanover Town Park
- Stratford and Area – Upper Queen's Park
- Waterloo Region – Kiwanis Park (New Location)
- Wellington-Dufferin – Centre Wellington Sportsplex (New Location)

### September 8, 2019:

- Chatham-Kent – Kingston Park
- Owen Sound – Harry Lumley Bayshore Community Centre
- Port Elgin, Kincardine and Area – North Shore Park
- Strathroy and Area – Strathroy Seniors Centre
- Tillsonburg-Norfolk County – Memorial Park
- Windsor-Essex – Malden Park (Malden Road Entrance)
- Woodstock-Ingersoll – South Gate Centre

### September 15, 2019:

- Grand Bend – Grand Bend Recreation Centre
- Sarnia-Lambton – Stoke's Bay Grill & Bar

### Unable to attend a walk and still want to participate?

Register at [walk-it.ca](http://walk-it.ca) and collect pledges online or with this pledge form or a combination of both. Invite family and friends to walk at a local park, take your dog for a walk around the block or you can simply participate from the comfort of your home. How you choose to participate is completely up to you.



[WALK-IT.ca](http://WALK-IT.ca)



John Stewart was diagnosed with Parkinson's in 2011. A few years later, John participated in the Brantford-Brant County WALK-IT for Parkinson's with his team, Stewie's Shakers. John's team includes his family and some close friends. They will be participating in their fifth walk this September. John has recently joined the planning committee and has enjoyed his time helping to make this event possible. His wife Vicky, who will be volunteering on walk day, will also join John.

John is always excited for the annual walk because he gets to see everyone. Not only is it getting together with his family and friends that excites him, it is also seeing all the people who come to support the walk – including family pets that supporters and participants bring.

John is not only successful at helping to plan the event with the walk committee, but he is also successful at recruiting pledges for the walk. When asked his secret, it boils down to one point: "just knowing people" and being open to reaching out. John recruits his pledges from the people he knows, mostly friends and family.

John finds that getting daily exercise helps him with his Parkinson's symptoms. He believes that not only walking but also other forms of exercise help. People, especially those living with Parkinson's, should keep as active as they can.

John's most memorable time at the walk was seeing his family and friends coming out to support him and others living with Parkinson's. It is an emotional time!

John encourages others in the Southwestern Ontario community to join WALK-IT for Parkinson's for a great day of exercise and camaraderie.

## Who Will You WALK-IT for?

### Participate



Go to [www.walk-it.ca](http://www.walk-it.ca) and register today!

### Form a Team



Form a Family and Friends Fun Team or a Corporate Team. Teams are welcome to come in costumes or use a theme!

### Collect Pledges



Collect pledges online at [www.walk-it.ca](http://www.walk-it.ca) or in person using a pledge form or a combination of both.

### Volunteer

We need you!



Contact Vickie Thomas at 1-888-851-7376 or [vickie.thomas@parkinsonsociety.ca](mailto:vickie.thomas@parkinsonsociety.ca) to volunteer.

## Volunteer Profile: Dorothy Fyfe

Dorothy Fyfe's husband Mike was diagnosed with Parkinson's in June 2008 at the age of 55. Although Mike was very active in volleyball and golf, he still had to leave work that October because of his Parkinson's symptoms and the nature of his work.

Dorothy found that volunteering for Parkinson Society Southwestern Ontario (PSSO) was a good way to get involved and spend time with Mike. For the past four years she has been leading the Sarnia-Lambton Parkinson's exercise group every other week. She also has volunteered for the Sarnia-Lambton WALK-IT for Parkinson's for the past few years and more recently she has become involved with the PSSO advocacy committee.

With 10 years of experience working in long-term care, Dorothy has certainly been an asset to the exercise group. She has recently retired and enjoys spending her time volunteering at her church, getting together with her grandkids and taking regular walks along the lake with Mike. Dorothy also tries to help out if she can when Mike participates in Rock Steady Boxing.

One of Dorothy's fondest memories is when participants of the exercise group play Pool Noodle Hockey. They play with a beach ball and even have a goalie. Participants are actively shooting the ball at each other and are yelling, laughing, cheering and having a great time.

Dorothy and Mike believe that being active in the local support group is a blessing. The group has helped them cope through meeting people, talking, learning and growing. By attending a support group they have a chance to talk to others and develop friendships. It is also a great way to develop a support network – sometimes offering help and sometimes receiving help.

Being an active volunteer has been rewarding. Dorothy hopes to continue volunteering to help raise money and awareness for research and support services.

Thank you Dorothy!



## WANTED

Volunteer Support Group Facilitators/Co-Facilitators are required to help support people with Parkinson's and their families in Cambridge, Chatham-Kent, Hanover, Kincardine, Leamington, Meaford, Owen Sound, Simcoe, Stratford, St. Thomas and Waterloo.

This volunteer position offers an excellent opportunity for a caring individual to develop leadership qualities. The position would be best filled by a mature individual possessing strong communication and organizational skills. This volunteer will be required to arrange speakers, help facilitate group meetings or discussions, and act as a resource and support to the regional office.

**For further information, please contact Vickie Thomas at [vickie.thomas@parkinsonsociety.ca](mailto:vickie.thomas@parkinsonsociety.ca) or 1-888-851-7376.**

# Exercise Groups

## How to Get the Most Out of Your Parkinson's Exercise Program

Since Parkinson's disrupts various motor functions, an integral aspect of patient's therapy is regular exercise. Regular exercise increases mobility by combating stiffness and slowness of movement, while also complementing other common aspects of Parkinson's treatment. The benefits of regular exercise include increased core and muscle strength, and improved flexibility. Additional benefits include increased attention, memory and thinking.

### General overview of simple exercises for you to complete:

#### Stretching Exercises

- Reduce stiffness and stress.
- Should be done daily, for at least 10 minutes, to maintain muscle health.
- Each stretch should be done for 10-30 seconds and should be repeated 3-4 times per session.

#### Aerobic Exercises

- Exercises are meant to improve your heart rate and breathing.
- For maximum benefit, do them at a moderately high intensity that is comfortable for you. Feel free to change the tempo though!
- Exercises may include paced walking on a treadmill, walking outside, jogging, swimming, Tai-Chi or dancing (Tango).

#### Strengthening Exercises

- Focused on resistance. For example, try exercises with resistance bands, which are easier on your joints. Light weights can be used as well.
- Each exercise should be done at least once, repeating the motions 10-15 times, in other words, 1 set of 10-15 repetitions.
- Done 2-3 days each week. Do not do the same exercise on consecutive days or else you will place too much strain on the muscles which exercise targets.
- Over time, gradually increase resistance to each exercise by lifting heavier weights, increasing the number of repetitions and/or sets, and holding a movement longer.



**Author:** Preya Patel

Sources: <https://www.webmd.com/parkinsons-disease/guide/parkinsons-exercise>, <https://www.parkinsons.org.uk/information-and-support/exercise>, [https://www.parkinsons.org/sites/default/files/Fitness\\_Counts.pdf](https://www.parkinsons.org/sites/default/files/Fitness_Counts.pdf), [https://www.parkinsons.va.gov/NorthWest/Documents/Pt\\_ed\\_handouts/Exercise\\_for\\_PD\\_1-20-12.pdf](https://www.parkinsons.va.gov/NorthWest/Documents/Pt_ed_handouts/Exercise_for_PD_1-20-12.pdf), <https://parkinson.org/Understanding-Parkinsons/Treatment/Exercise>

## TIPS AND GUIDELINES

**HAVING FUN:** Enjoying the exercises you perform is essential because it will make you more likely to continue doing them. Try finding an exercise buddy or joining a class to keep yourself motivated.

**REALISTIC GOALS:** Develop an exercise routine you will be able to accomplish on a daily basis. Consult health professionals to determine which exercises will be the best and safest to do.

**CONSISTENCY:** Exercise should be part of your daily routine in order for it to be beneficial. Try to incorporate exercise into your daily routine in simple ways. For example, take the stairs or walk somewhere instead of driving.

**COOL-DOWN PERIOD:** Following an exercise session, a cool-down period should include dynamic stretches and activities that require a full range of motion. These stretches should slowly bring down your heart rate and also stretch your muscles. Keep it easy!

Try exercising 4-5 times a week for about 30-40 minutes each time. Remember, these don't have to be high-intensity workouts. Start simple and go from there!

## Exercise Group Schedule

### Brantford

Rock Steady Boxing	Coming Fall 2019	Bell City Boxing Club 3-23 Tamara Place	TBD
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### Cambridge

Neurological Wellness Exercise Programs	3X per week	Chaplin Family YMCA 250 Hespeler Rd.	YMCA Membership
Rock Steady Boxing	Coming Fall 2019	Chaplin Family YMCA 250 Hespeler Rd.	YMCA Membership
Rock Steady Boxing Outrun Parkinson's	TBD	Fusion Fitness 505 Hespeler Rd.	TBD

### Chatham – Kent

SMART Exercise Program	Tuesdays & Thursdays 10:00 am - 11:00 am	Grace Christian Reformed Church 255 Tweedsmuir Ave. W.	Free
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### Hanover

SMART Exercise Program	Tuesday - 2:15 pm - 3:15 pm Friday - 10:45 am - 11:45 am	Grace United Church 310 12th St.	Free
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## Kitchener

Rock Steady Boxing	3X per week	AR Kaufman YMCA 333 Carwood Ave.	YMCA Membership
SMART Exercise Program	Tuesdays & Thursdays 1:30 pm - 2:30 pm	AR Kaufman YMCA 333 Carwood Ave.	Free (Program offered through Community Support Connections)
Neurological Wellness Exercise Program	3X per week	AR Kaufman YMCA 333 Carwood Ave.	YMCA Membership

## Leamington

SMART Exercise Program	Tuesdays 10:30 am - 11:30 am	Leamington and District Half Century Club 160 Talbot St. E.	Free
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## Listowel

SMART Exercise Program	Tuesdays & Fridays 2:00 pm - 3:00 pm	VON Office 975 Wallace Ave. N.	Free
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## London

Exercise Group	Wednesdays & Thursdays (Alternate Weeks) 12:00 noon - 1:00 pm	Parkwood Day Hospital 550 Wellington Rd.	\$5 / Class
SMART Exercise Program	Mondays & Thursdays 2:00 pm - 3:00 pm	Carling Heights Optimist Community Centre, 656 Elizabeth St.	Free
Rock Steady Boxing	3X per week 10:30 am - 12:00 noon	Southside Group 75 Blackfriars St.	\$100 / Month

## Owen Sound

SMART Exercise Program	Tuesdays & Thursdays 1:00 pm - 2:00 pm	First United Church 435 21st St. W.	Free
Rock Steady Boxing	2X per week	YMCA of Owen Sound Grey Bruce 700 10th St. E.	YMCA Membership

## Sarnia - Lambton

Exercise Group	Thursdays 11:00 am - 11:45 am	Strangway Centre 260 East St.	Strangway Member - \$2.25/class Non-Member - \$5/class
Rock Steady Boxing	2X per week	Ironworks Fitness	\$75 / Month

## Stratford

Gentle Yoga Group	Mondays 10:00 am - 11:00 am	Army, Navy and Air Force Veterans Centre, 151 Lorne Ave. E.	\$7 / Class
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## Strathroy

SMART Exercise Program	Mondays 1:00 pm - 2:00 pm	VON Middlesex-Elgin Office 274 Head St. N.	Free
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## St. Thomas

SMART Exercise Program	Mondays & Thursdays 10:00 am - 11:00 am	Elgin Mall 417 Wellington St.	Free
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## Windsor

SMART Exercise Program	Wednesdays 1:30 pm - 2:30 pm	Windsor YMCA 3400 Grand Marais Rd. E.	Free
Rock Steady Boxing	3X per week	Border City Boxing Club 1072 Drouillard Rd.	\$100 / Month
Rock Steady Boxing	Coming Fall 2019	Empire Muscle 925 Crawford Ave.	TBD

# Why Joining a Support Group is Important Throughout Your Journey with Parkinson's

Parkinson's Disease (PD) is one of the most common neurodegenerative disorders after Alzheimer's disease. Since there are so many people affected by this disease, group programs are quite common. When you first get diagnosed with diseases like PD, the first questions that pop into your head may be how do I treat it? What medications do I take? Although the element of pharmacotherapy is extremely important in the assistance of the disease, group therapy can be a great enhancement that is often neglected. It can be extremely beneficial to deal with factors other than physical ones. It could improve psychological well-being and specific programs may even help with physical symptoms!

There are many different types of support groups led by volunteer facilitators. Programs may be offered by schools, community organizations, mental health service providers, hospitals and other support agencies. Each support group is different and strives to meet the needs of the individuals who attend. Some groups will focus on bringing in guest speakers, while other groups offer exercise programs that may help improve Parkinsonian symptoms. Some groups provide a welcoming environment for care partners to share their experiences with each other. In general, support groups provide a safe place to discuss challenges and success stories, or even to ask questions when needed.

## Examples of support group elements could include the following:

### Guest Speakers

Having a disease that you aren't educated in can be confusing because you don't know what is going on inside your own body. When diagnosed with a disorder, you may want someone specialized in the area to explain complex mechanisms of the disease. Guest speakers are often invited to group meetings to talk about their areas of specialization. The guest speakers may even open the floor to questions outside of the patient's own experiences.

### Exercise Support

When diagnosed with PD, taking medication could help alleviate some of the physical symptoms that arise from the disease. Exercise therapy is a great add-on to medications. Many scientific trials have shown that it can significantly decrease bradykinesia and improve psychological health.

### A Place to Share

Support groups all have a high standard of confidentiality and anonymity. They offer a welcoming environment for people to share their own experiences relating to the disease. Individuals often offer each other support, share difficulties and even allow interaction between people who have experienced similar life circumstances. It is a safe place where you can share your own challenges and successes.

When dealing with any type of hurdle, it is important to surround yourself with a positive supportive environment. Support groups offer many different elements that may be beneficial for your journey with PD. Whether it is exploring the option of attending an exercise program, or simply surrounding yourself with individuals who can help you overcome challenges, you can be sure to find a support group for you.



**Author:** Adeline Geng

Sources: <https://parkinsonsociety.ca/parkinsons-support-groups>, <https://www.emeraldinsight.com/doi/abs/10.1108/MHSI-12-2017-0055>, <https://parkinsonsnewstoday.com/parkinsons-disease-statistics/>, <https://www.sciencedirect.com/science/article/pii/S0738399117302446>

# Regional Support Groups

## Brantford

Support Group	Every 2nd Wednesday of the month (excluding July & Aug) 2:00 pm – 4:00 pm	John Noble Home 97 Mount Pleasant Rd.
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## Cambridge

Support Group	Every 2nd Thursday of the month (excluding Jan & Feb) 1:00 pm – 2:30 pm	Chaplin Family YMCA 250 Hespeler Rd.
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## Chatham – Kent

Support Group	Every 2nd Tuesday of the month (Jan, Mar, May, Sep, Nov) 6:30 pm – 8:00 pm	Active Lifestyle Centre 20 Merritt Ave.
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Luncheon Group	Every 2nd Thursday of the month (Feb, Apr, Jun, Oct, Dec) 11:30 am – 1:00 pm	Active Lifestyle Centre 20 Merritt Ave.
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## Dunneville

Support Group	Every 4th Tuesday of the month 6:30 pm – 8:00 pm	Grandview Lodge 657 Lock St. W.
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## Fergus

Support Group	Every 3rd Tuesday 2:00 pm – 4:00 pm	St. Joseph's Catholic Church 760 St. David St. N.
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## Goderich – Huron

Support Group	Every 1st Tuesday of the month (excluding Jan-Mar) 1:30 pm – 3:00 pm	MacKay Senior Centre 10 Nelson St. E.
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## Grand Bend

Support Group	Last Monday of the month (excluding Jun, July, Aug & Dec) 2:00 pm – 3:30 pm	Grand Bend Area Community Health Centre 69 Main St. E.
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## Hanover

Young Onset	Every 2nd Tuesday of the month (Apr-Nov) 5:30 pm – 7:30 pm	Saugeen Municipal Airport 34 Saugeen Airport Rd.
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CarePartner Group	Every 4th Wednesday of the month 1:00 pm – 3:00 pm	TBA
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Luncheon Group	Every 1st Tuesday of the month 12:00 noon – 1:30 pm	Cravings 208 7th Ave.
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## Kincardine

Support Group	Every 2nd Tuesday of the month (excluding Dec-Feb) 12:00 noon – 1:30 pm	Davidson Centre 601 Durham St.
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## Kitchener

Support Group	Every 3rd Thursday of the month (excluding July, Aug & Dec) 6:30 pm – 8:00 pm	Briarfield Gardens Retirement Residence 1250 Weber St. E.
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## Leamington

Support Group	Every 1st Tuesday of the month (excluding July & Aug) 11:30 am – 12:30 pm	Leamington and District Half Century Club 160 Talbot St. E.
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## London

Support Group	Every 3rd Saturday of the month (excluding July & Aug) 2:00 pm – 4:00 pm	Trinity Lutheran Church 746 Colborne St.
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CarePartner Group	Last Tuesday of every month (excluding Jul & Aug) 1:30 pm – 3:00 pm	Berkshire Club 500 Berkshire Dr.
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**Call**  
**1-888-851-7376**  
Before Attending  
Your First Meeting!

# Regional Support Groups

## Meaford

Support Group	Every 3rd Tuesday of the month 2:00 pm – 4:00 pm	Meaford United Church 7 Boucher St. E.
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## Orangeville

Support Group	Every 2nd Wednesday of the month (excluding July & Aug) 7:00 pm – 8:30 pm	Alzheimer Society 25 Centennial Rd.
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## Owen Sound

Support Group	Every 2nd Tuesday of the month 2:15 pm – 3:30 pm	The New Life Centre, Christian Reformed Church 199 4th Ave. W.
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## Sarnia - Lambton

Support Group	4th Wednesday (excluding Jun, Jul & Aug) 2:00 pm – 4:00 pm	Clearwater Arena Community Room 1400 Wellington St.
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## Simcoe

Support Group	Every 3rd Thursday of the month (excluding July & Aug) 1:00 pm – 3:00 pm	Welling's of Waterford 111 Bruce St., Waterford
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## Stratford

Support Group	Every 2nd Tuesday of the month (excluding July & Aug) 1:30 pm – 3:30 pm	Army, Navy and Air Force Veterans Centre 151 Lorne Ave. E.
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## Strathroy

Support Group	Every 3rd Tuesday of the Month (excluding July & Aug) 1:30 pm – 3:00 pm	Westmount Christian Reformed Church 405 Drury Lane
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## St. Thomas

Support Group	Every 2nd Tuesday of the month (excluding July & Aug) 2:00 pm – 4:00 pm	Knights of Columbus Hall 265 Wellington St.
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## Tillsonburg

Support Group	Every 3rd Thursday of the month (excluding July & Aug) 1:00 pm – 2:30 pm	Tillsonburg Retirement Residence 183 Rolph St.
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## Waterloo

Support Group	Every 4th Wednesday of the month (excluding July, Aug & Dec) 10:30 am – 12:00 noon	Westhill Retirement Residence 25 Westhill Dr.
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## West Lorne

Support Group	Every 4th Thursday of the month (excluding Aug) 10:30 am – 12:00 noon	The Hub 146 Munroe St.
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## Windsor

Support Group	Every 4th Tuesday of the month (excluding Dec) 7:00 pm – 8:30 pm	Windsor Community Living Support Services 7025 Enterprise Way
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## Woodstock

Support Group	Every 4th Monday of the month (excluding July & Aug) 2:00 pm – 4:00 pm	UNIFOR 126 Beale St.
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Please call 1-888-851-7376 before attending your first support group.  
Please check our website at [www.parkinsonsociety.ca](http://www.parkinsonsociety.ca) for the most up-to-date information.

# 2019 Regional Parkinson's Event Calendar

## July

- 20 Pelee Island Winery Charity Golf Tournament**  
Orchard View Golf Club  
Visit <https://parkinsonsociety.ca/event/pelee-island-winery-charity-golf-tournament/> for more details
- 20 3rd Annual Putt Fore Parkinson's**  
Cambridge Golf Course  
Visit [www.PuttForeParkinsons.ca](http://www.PuttForeParkinsons.ca) for more details

## September

- 7 WALK-IT for Parkinson's** (visit [www.walk-it.ca](http://www.walk-it.ca) for more details)  
**Brantford-Brant County** – Mohawk Park  
**Goderich** – Rotary Cove Pavilion  
**London and District** – Springbank Gardens  
**South Grey Bruce and Hanover** – Hanover Town Park  
**Stratford and Area** – Upper Queen's Park  
**Waterloo Region** – Kiwanis Park, Kitchener  
**Wellington Dufferin** – Centre Wellington Community Sportsplex, Fergus
- 8 WALK-IT for Parkinson's** (visit [www.walk-it.ca](http://www.walk-it.ca) for more details)  
**Chatham-Kent** – Kingston Park  
**Owen Sound** – Harry Lumley Bayshore Community Centre  
**Port Elgin, Kincardine and Area** – North Shore Park  
**Strathroy and Area** – Strathroy Seniors Centre  
**Tillsonburg-Norfolk County** – Memorial Park  
**Windsor-Essex** – Malden Park (Visitor Centre Entrance; 4200 Malden Rd.)  
**Woodstock-Ingersoll** – South Gate Centre
- 15 WALK-IT for Parkinson's** (visit [www.walk-it.ca](http://www.walk-it.ca) for more details)  
**Grand Bend** – Grand Bend Recreation Centre  
**Sarnia-Lambton** – Stoke's Bay Grill & Bar
- 18 WEBINAR: What is Parkinson's?**  
Dr. Quincy Almeida  
Director, Movement Disorders Research and Rehabilitation Clinic  
12:00 noon – 1:00 pm

## September *Continued*

- 20 CarePartner Workshop**  
Clair Hills Retirement Residence  
330 Columbia St. W., Waterloo  
Free admission, lunch is provided  
10:00 am – 2:00 pm

## October

- 19 Fall Regional Parkinson's Conference**  
Best Western Plus Lamplighter Inn & Conference Centre  
591 Wellington Rd., London  
8:30 am – 3:30 pm (registration begins at 8:30 am) (See page 18)
- 23 WEBINAR: Motor Symptoms of PD**  
Dr. Camila Aquino  
Neurologist, Toronto Western Hospital, University of Toronto  
12:00 noon – 1:00 pm

## November

- 20 WEBINAR: Falls in Parkinson's**  
Karla Andrews  
Andrews Physiotherapy  
12:00 noon – 1:00 pm

## December

- 11 Holiday Open House (London)**  
Parkinson Society Southwestern Ontario  
117-4500 Blakie Rd.  
2:00 pm – 4:00 pm

For more information, to keep updated and to become involved in our special events, go to [www.parkinsonsociety.ca](http://www.parkinsonsociety.ca), call 1-888-851-7376 or email [info@parkinsonsociety.ca](mailto:info@parkinsonsociety.ca).

## Check Out Our Monthly Parkinson's Webinars!

Parkinson's webinars are **online workshops** with expert speakers providing information on important Parkinson's-related topics.

### Benefits to webinars:

#### Convenience

Speakers and participants do not travel to participate.

#### Cost-Effective

There is no expense of booking meeting space.

#### Informative

A question and answer period follows the presentation.

#### Easy

No type of special equipment is needed.

### How to participate:

1. Go to [parkinsonsociety.ca/events](http://parkinsonsociety.ca/events) and select a webinar.
2. Click Register.
3. A confirmation email will be sent to you with simple instructions.
4. After the webinar you will receive a recording to review at your leisure.

### Visit our website and find out about:

- Parkinson Society Southwestern Ontario and our services
- Parkinson's and Parkinson's programs
- Upcoming events, conferences and workshops
- How you can help
- Corporate/Employee involvement
- Signing up on our mailing list
- And more ...

[www.parkinsonsociety.ca](http://www.parkinsonsociety.ca)

<i>Robert Ainsworth</i>	<i>Joyce Claus</i>	<i>Jeanne Handyside</i>	<i>Daniel Nolan</i>	<i>Robert Staples</i>	<i>Ron Webb</i>
<i>John Ansems</i>	<i>Margaret Coffey</i>	<i>Marion Harward</i>	<i>Jacob Poetker</i>	<i>Doug Stewart</i>	<i>Gail Weiler</i>
<i>John Ambrose</i>	<i>Beatrice Cowie</i>	<i>Lorne Haugh</i>	<i>Janet Pringle</i>	<i>Ken Stewart</i>	<i>Stuart White</i>
<i>Arthur Baetz</i>	<i>Helen Crandon</i>	<i>Reinhardt Henke</i>	<i>Herbert Radatus</i>	<i>Barry Stewart</i>	<i>Bruce Wilkie</i>
<i>Maria Beadle</i>	<i>Valent Crnkovic</i>	<i>Donelda Hewitson</i>	<i>Sandi Redditt</i>	<i>Thomas Stockmann</i>	<i>Alvin Wilson</i>
<i>William Beattie</i>	<i>Diane Croome</i>	<i>Marian High</i>	<i>May Redmond</i>	<i>Laurie Stockwell</i>	<i>Eileen Wiseman</i>
<i>Marion Becker</i>	<i>Clarence Dadson</i>	<i>Marjorie Hill</i>	<i>William Renton</i>	<i>Stephen Summers</i>	<i>Verne Wolfe</i>
<i>Everett Bell</i>	<i>Lawrence Damphouse</i>	<i>Gordon Hounslow</i>	<i>Marilyn Ritchie</i>	<i>Virginia Sutton</i>	<i>Wendy Wood</i>
<i>Luke Bender</i>	<i>George Delgrosso</i>	<i>Joyce Hunter</i>	<i>Doris Robbins</i>	<i>Richard Sweetzir</i>	<i>Martin Wynands</i>
<i>Gary Birmingham</i>	<i>Ann Dempsey</i>	<i>Betty Hutchison</i>	<i>Sylvia Roberts</i>	<i>Maria Tacconi</i>	<i>Mary Louise Young</i>
<i>Elizabeth Blair-Smith</i>	<i>Mahlon Dettwiler</i>	<i>Richard Hutchison</i>	<i>Andrew Robertson</i>	<i>Ruby Taggart</i>	<i>Delfina Zangari</i>
<i>Leonard Bliss</i>	<i>Ben DeVries</i>	<i>Dorothy James</i>	<i>Donna Robertson</i>	<i>Wallace Taves</i>	<i>Hugh Zimmer</i>
<i>Judy Bond</i>	<i>Mary Diebel</i>	<i>Idamae Johnston</i>	<i>Vernon Rolufs</i>	<i>Grant Teevin</i>	
<i>John Bricker</i>	<i>William Dimoff</i>	<i>Mike Knott</i>	<i>Bert Ross</i>	<i>Edward Tennant</i>	
<i>Ross Broughton</i>	<i>Mary Jane Doan</i>	<i>Sandra Langman</i>	<i>Frank Ross</i>	<i>Doreen Thomas</i>	
<i>Harry Brouwer</i>	<i>Eileen Duddy</i>	<i>Bruce Little</i>	<i>Harvey Sandbrook</i>	<i>Peggy Thomas</i>	
<i>James Brouwer</i>	<i>Leonard Dupuis</i>	<i>Bill MacMillan</i>	<i>George Saunders</i>	<i>Mary Anne Thompson</i>	
<i>Myrna Brown</i>	<i>Don Evers</i>	<i>Allen Martin</i>	<i>Dora Schaefer</i>	<i>Edmond Toubassi</i>	
<i>Nina Brown</i>	<i>Auguste Feltham</i>	<i>Maria Martino</i>	<i>Fred Schaller</i>	<i>Peggy Trembley</i>	
<i>Roy Brown</i>	<i>Wray Fick</i>	<i>Lloydia Martyn</i>	<i>Alan Scott</i>	<i>Eldon Turner</i>	
<i>Bruce Browning</i>	<i>Alan Fischer</i>	<i>Dr. Elmer Matyqs</i>	<i>Robert Seim</i>	<i>William Vandertuin</i>	
<i>Andrew Bruinsma</i>	<i>John Flynn</i>	<i>Garry McInnis</i>	<i>Yehia Sirry</i>	<i>Charles Vezsenyi</i>	
<i>Melva Byers</i>	<i>Audrey Fowler</i>	<i>Marjorie McKechnie</i>	<i>Marlene Skinner</i>	<i>Helen Walker</i>	
<i>Muriel Cameron</i>	<i>Erwin Franzen</i>	<i>Kathleen McMullen</i>	<i>Dayle Sloan</i>	<i>Duke Waller</i>	
<i>Shirley Campbell</i>	<i>Gordon Frew</i>	<i>Kay McRae</i>	<i>Gordon Smith</i>		
<i>Jeffrie Castro-Cajina</i>	<i>Harry Gardiner</i>	<i>Dominic Mendes</i>	<i>Karl Smith</i>		
<i>Don Caughy</i>	<i>Orville Goure</i>	<i>John Millerson</i>	<i>Marjorie Smith</i>		
<i>Patricia Chipps</i>	<i>Brenda Hall</i>	<i>Carol Mills</i>	<i>Yvonne Smith</i>		
<i>Wayne Clark</i>	<i>Patricia Hambleton</i>	<i>Arnold Mohammed</i>	<i>Teresa Spaleta</i>		



We make every effort to include all members who have passed away. We sincerely apologize if any individual was inadvertently omitted from the above list. Please call and let us know if we have missed anyone and we will include their name in our next issue.

## Why Give Securities or Mutual Funds?

When you make a gift of securities, you not only benefit from the tax credit but you also avoid paying tax on capital gains accumulated on the securities. In order to take advantage of the capital gains tax reduction, you need to donate the securities directly to PSSO rather than selling the securities and donating the proceeds of the sale.

If you own publicly traded securities or mutual funds, you may want to consider donating the securities or mutual funds directly to Parkinson Society Southwestern Ontario.

For more information, please contact Shelley Rivard at 1-888-851-7376 or [shelley.rivard@parkinsonsociety.ca](mailto:shelley.rivard@parkinsonsociety.ca).

## CarePartner Workshop

Friday, September 20, 10:00 am to 2:00 pm  
Clair Hills Retirement Residence  
530 Columbia St. W., Waterloo

### Presentations Include:

**Ryan Young:** Planning Your Finances Around Parkinson's  
**Sarah Awde:** Practical Tips for Caregivers for Speech and Swallowing in Parkinson's

**Colleen Daley:** Discovering Supportive Lifestyles Through Retirement Living

**Dr. Jeff Holmes:** Exploring Unmet Caregiver Support Needs: A Participatory Research Focus Group for Caregivers

**Free Admission – Lunch Provided**

**Register Today!**

**Online:** [www.parkinsonsociety.ca](http://www.parkinsonsociety.ca) | **Phone:** 1-888-851-7376



# Volunteer Today!



Volunteers gather before opening doors to the 2<sup>nd</sup> Annual Signatures – A Taste Test of Waterloo Region’s Best. Participants enjoyed samples from some the most well-known and up-and-coming names in the Waterloo region food scene.



Hair Affair for Parkinson’s (London) volunteers Catherine McBride, Heather Lewis and Sara Ferreira.



## Help Us Reach New Heights ... Volunteer Today!

Call 1-888-851-7376 or email [vickie.thomas@parkinsonsociety.ca](mailto:vickie.thomas@parkinsonsociety.ca) to find out about volunteer opportunities in your community.



### Recycle and Create Awareness

When you have finished reading this newsletter, please pass it on by leaving it in libraries, waiting rooms in doctors’ offices or pass it along to a friend.