

parkinson SOCIETY
SOUTHWESTERN
ONTARIO

THE PARKINSON'S UPDATE

SUMMER/FALL 2021
ISSUE 74



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MISSION STATEMENT

Parkinson Society Southwestern Ontario enhances the quality of life and care for people living with Parkinson's in Southwestern Ontario.

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Front Cover Photo:

Team Sandman Shuffle takes a break from their 2020 Stratford and Area Walk for Parkinson's. Sanford Kuepfer is pictured with his grandchildren (from left to right) Alyssa Kuepfer, Zachary Kuepfer, Lily Kuepfer and Andrew Kuepfer.

FROM THE CEO's DESK



Shelley Rivard

Here we are, the summer of 2021 upon us. Where has the last year and a half gone? I think we are all hoping to put COVID-19 behind us and move forward to a "New Normal". Over the next couple of months, we will be following the Public Health Guidelines to see how we can get back to in-person programs while keeping the safety and wellbeing of our clients in mind.

The Parkinson Society Southwestern Ontario (PSSO) team has been very busy over the last six months and is excited to announce our refreshed brand and our new website. Our brand is about building a strong and supportive community for those living with Parkinson's in Southwestern Ontario. It shares our goal of a sense of togetherness, a place of belonging, a place to call Home. Along with this change, we have changed our website to the short form of our organization name. Head over to our new website, our new Home, and check us out at www.pssso.ca.

Parkinson Society Southwestern Ontario has also been working with Parkinson Canada to establish a framework for cooperation and collaboration in Southwestern Ontario and across Canada. An agreement was signed in May 2021. We look forward to the opportunity to further discuss and identify projects or opportunities for collaboration.

In April, PSSO awarded a total of \$75,000 for research. A total of \$25,000 was awarded to two recipients of our **Graduate Student Scholarship Awards** and \$50,000 for our **Movement Disorders Clinical Fellowship Award**, new in 2021 (see pages 6-7).

Who will you walk for this September? **Walk for Parkinson's** is our largest fundraising event. It provides an opportunity for the community to come together, supporting people with Parkinson's and their families in Southwestern Ontario. This September, we are planning to come together and walk in person. For those of you not yet comfortable gathering together, you can also register to walk virtually, as we did last year. We will continue to monitor the situation and all public health measures will be followed. This year more than ever, we hope we can count on you to **Walk for Parkinson's** as we raise much needed funds, necessary to support those living with Parkinson's in Southwestern Ontario. See you at one of our walk locations in September! Register at www.walkforpd.ca.

Many of you look forward each year to the **Fall Regional Parkinson's Conference**. This year, the conference will take place in person and we will also live-stream for those wanting to attend virtually. We have an amazing group of speakers this year, Dr. Alfonso Fasano, Dr. Mandar Jog and Angela Roberts. Because of public health measures, in-person attendance may be limited, so register early to reserve your spot. We will continue to monitor all public health measures as they develop prior to our conference.

As we continue into the fall, PSSO will be looking to pivot once again to provide as many in-person programs as possible, while we continue to be vigilant in keeping everyone safe. We will continue with some virtual programs to provide opportunities to be inclusive of the Southwestern Ontario community.

As PSSO continues to adapt to our ever-changing new reality, we want you to know that **HOPE is close to Home**.

Shelley Rivard

Shelley Rivard
CEO

Reader to Reader

Shortly after Maurice Rouse retired, his first wife died, and then he was diagnosed with Parkinson's Disease. Later that same year, we met at a ballroom dance class at the YMCA in Sudbury. Like others who faced a diagnosis of PD, we were both frightened and a bit overwhelmed, but we were both very determined people and decided that we were going to make the best of our life together for as long as we possibly could. So, we read lots about the disease, joined a support group and eventually found a good neurologist.

Exercise was something that both of us were happy to do: cross-country skiing, dancing in formal settings and in the kitchen, walking and classes at the YMCA. The support from the YMCA community in Brantford after we relocated there in 2013 was amazing. Maurice was still attending personal training sessions and fitness classes in December, 2020. We also loved live theatre, independent films, music and each other's company.

Because it was already a big part of our lifestyle, it was easy for us to be active. As the disease progressed, it became even more important. Good, healthy food, and a loving marriage didn't hurt. Over the years, as the pill regime had become more complicated and low blood pressure issues, falls and chest infections became more common, caregiving became a much larger role for me and we had to modify activities and get help. However, it wasn't until 2017 that Maurice began to use a walker, but only outside.

In late January 2020, Maurice was admitted to hospital with pneumonia. Already going downhill, his decline accelerated without exercise or stimulation. After twenty four hours of "comfort care", he died on Easter weekend. But he didn't get COVID-19 and he didn't have to go into a long-term care facility!

Maurice had always participated in research studies for Dr. Penny MacDonald and her associates. He donated his body to the Body Bequeathal Programme at Western University. I like to think that he became the gift that kept on giving.

I have written this article in the hope that some of you who have been newly diagnosed, or have been living with Parkinson's, will be encouraged by our story. We had a pretty good life for more than twenty two years. Our determination not to give up, our mutual support and a healthy lifestyle all contributed to our success.

Mary Jane Nelson
Brantford



Maurice Rouse

2021 REGIONAL PARKINSON'S CONFERENCE

October 16, 2021
9:00 am to 3:00 pm

LOCATION:

Hellenic Centre
133 Southdale Rd W
London, ON N6J 2J2

COST:

\$50 per person for in-person
Register early to reserve your spot
\$30 per person to watch virtually

SPEAKERS:



**MRI-GUIDED FOCUSED
ULTRASOUND FOR
PARKINSON'S DISEASE**
Dr. Alfonso Fasano, MD, PhD



**UPDATE ON TREATMENT
OF PARKINSON'S
DISEASE**
Dr. Mandar Jog, MD, FAAN



**NEW ADVANCES IN
MANAGING SPEECH
AND COMMUNICATION
CHANGES IN
PARKINSON'S DISEASE**
Dr. Angela Roberts

RESERVED BLOCK OF ROOMS (\$114 PER NIGHT):

Holiday Inn & Suites
855 Wellington Rd, London, ON N6E 3N5
Phone: 519-668-7900
Rooms will be available to book up to 30 days
prior to the event date (September 15th).

For more information visit www.pssso.ca/events

Regional Office:

123-4096 Meadowbrook Dr, London, ON N6L 1G4

Phone (519) 652-9437

Toll Free..... 1-888-851-7376

Fax (519) 652-9267

✉ info@pssso.ca

🌐 www.pssso.ca

📘 [ParkinsonSocietySWO](https://www.parkinsonsociety.org)

📷 [parkinsonswo](https://www.parkinsonsociety.org)

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.

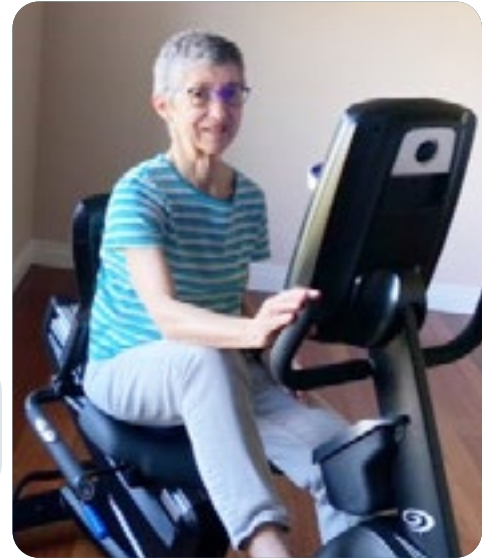
The information is not intended to take the place of professional medical advice. If you are a patient currently being treated and have questions, or if you think you have Parkinson's but have not been diagnosed, please seek the advice of a medical professional. This information does not replace consultation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

I Have Parkinson's but it Doesn't Have Me: Jenka Keizer

It was 2017 and for Jenka it began as a slight dragging of her left foot. Then she realized, while washing her hair, she had to "tell" her left hand what to do. It wasn't just moving automatically the way it should. A neurologist, thinking it was a pinched nerve, connected Jenka with a physical therapist to work at resolving the movement. But it wasn't improving. A few months later, while visiting her daughter in the U.S., her daughter suggested a physiotherapist she knew. At that visit Jenka was told, "I think you have Parkinson's." A neurologist there confirmed that was the suspected cause. For Jenka, that changed everything.

Jenka was relieved to finally have a name for what was occurring. She began to learn, research and understand all she could about Parkinson's. One of the key things she did learn was the benefits of exercise.

Once an active swimmer, Jenka had to leave that behind because the physiotherapist said biking was better for people with Parkinson's. But Jenka continues to hike, she reads more than ever and she still enjoys her knitting, even if she is a little slower at it than she used to be.



Jenka Keizer

When sharing new activities she is passionate about, Jenka begins with one small four-letter word, ZOOM! - the virtual meeting platform that has taken the world by storm. Jenka states, "With Zoom we can participate in activities we never could before. We meet and connect with people just about anywhere in the world while sharing our journeys together."

Through Zoom, Jenka participates three days a week in a Rock Steady Boxing class, (<http://empiremuscle.rsbaaffiliate.com>) with mostly Canadian participants. She shares, "Through this workout, we have become a family - a group of friends who have also become a unique support group for each other." Jenka has even shared her exercises with the online class when the facilitator has been involved in other activities.

She was introduced to Dancing with Parkinson's (<https://www.dancingwithparkinsons.com>), based in Toronto. This group offers free daily online dance classes to help people with Parkinson's remain active and connected. Jenka dances along with them every single day at 11:00 am.

Jenka spends time cycling on her stationary bike and recommends to anyone on this journey to explore LSVT Big (<https://www.lsvtglobal.com/LSVTBig>), a therapy that trains people with Parkinson's to use their body more normally.

Jenka is also a member of the Canadian Federation of University Women Kitchener-Waterloo (CFUW-K-W) (<https://www.cfuwkw.org/>). As editor of the newsletter, she is involved in various groups.

Jenka now finds everyday activities like dressing, putting on shoes, cooking, even turning over in bed have become more of a challenge, but she continues to have ongoing support from her husband, Horacio, at always just the right moment. She is also grateful for the care her daughter, doctors and physiotherapists, in Canada and the U.S., give her.

Jenka's advice for anyone just diagnosed is a definitive, "Exercise, Exercise, Exercise! Keep in contact with friends and acquaintances, even through Zoom. Try Dancing - you will meet some great people and have fun at the same time. Take the medication you need but find the right balance. And exercise!"



Written by Cheryl Losch, Volunteer, London

CAREGIVER CORNER:

Caregiver Stress

The rewards that come with caregiving are real and varied. At the same time, caregiver stress is, unfortunately, a part of life when caring for someone with a chronic illness such as PD – especially over an extended period of time. To address caregiver fatigue, you and the people in your support network must be able to recognize the warning signs:

- An ongoing tendency to ignore or postpone taking care of your own health needs
- Growing feelings of isolation, expressed by, “Nobody knows or understands what is really going on with us.”
- Feelings of anxiety and uncertainty about the future
- Feelings of anger at the care recipient or situation, often followed by guilt
- Feelings of profound tiredness and exhaustion not relieved by sleep
- Emotional stress, often manifesting itself as varying physical symptoms
- An inability to concentrate or make decisions
- Bitterness toward friends or relatives who “should help more”
- Tendency to use alcohol or drugs to try to lessen stress levels
- Depression, despair, feelings of hopelessness

This last bullet is especially important. In general, 40-70 percent of caregivers are significantly stressed, and about half of these seriously stressed caregivers meet the diagnostic criteria for clinical depression. Depression interferes with your ability to do normal day-to-day activities, so both you and the person with Parkinson's you care for will suffer from your emotional distress. Assess your mental and emotional status and get help coping. Depression is not a weakness; it is an illness, and there are therapies that can help.

Accept help.

Harboring resentment when you need more help can increase stress and lead to burnout. Make a short list of specific tasks that would help you take better care of the person with Parkinson's and get some much-needed respite for yourself. For example, “Could you come every other Tuesday to take Frank to the barber and out to lunch?” If you do not feel comfortable asking directly for help, you will have the list ready when friends and family members ask what they can do. Be honest if lack of funds is a constant worry. Someone in your circle might be able to help with medication costs for one month, or pick up groceries for you once a week.

What Can I Do to Feel Better?

We have all heard the advice on an airplane, “Put on your own oxygen mask first.” The same holds true for caregivers. By placing your own physical, medical and emotional needs on equal par with the person with Parkinson's, you may help prevent excessive stress, caregiver burnout and depression.

First and foremost, you must recognize your own feelings. Be honest with yourself and others about your needs and what you think might help.

Speak up.

Feelings of isolation can be alleviated by meeting with people who are in your situation and can understand your experiences. If you think that friends have stopped coming to visit or that family members are not supportive in the ways you need, speak up. They may not realize how you feel.

The PSSO Carepartner Support Group is the last Tuesday of the month at 1:30 pm. For more information or to join this group, go to psso.ca.

Graduate Student Research Program



RESEARCHER: Brodie Buchner-Duby, University of Guelph

GRANT: \$15,000

PROJECT TITLE:

Exploring the Link Between Abnormal Modifications to Proteins and Symptoms Associated with Parkinson's Disease

Parkinson's disease (PD) affects a staggering 1 in 500 people in Canada, and is the second most common neurodegenerative disease. Characterized by the deterioration of motor skills and decreased cognitive abilities of those it afflicts, any advancements in therapeutic options, understanding of pathogenesis or the mechanisms of disease could change the lives of many people.

With such a vast array of symptoms, studies that focus on brain regions affected by disease pathology are important for understanding the driving force behind symptom severity and progression. Our lab has previously shown the overproduction of a compound known as nitric oxide (NO), in model systems that mimic PD, is closely tied to loss of brain function.

NO, when present at normal levels, plays a role in the normal function of the brain. However, when NO is in excess, it can modify important proteins in the brain, resulting in deleterious consequences. This overabundance of NO can lead to impairments in brain circuitry that are important for motor coordination, learning and memory.

Through a targeted approach, I will identify proteins that are modified by this overproduction in NO, and block their ability to be modified. This will allow me to determine if the target protein is responsible for the pathological dysfunction that leads to the cognitive impairment seen in later stages of PD. This work will identify a number of exciting molecular candidates, important in the regulation of circuits within the brain as they relate to PD. In addition, this knowledge will advance our understanding of the link between pathology within brain cells and the symptoms experienced by people with PD.



RESEARCHER: Abigail Reid, Western University

GRANT: \$10,000

PROJECT TITLE:

The Perspectives of Informal Caregivers of Individuals with Parkinson's Disease on Conducting Difficult Conversations

Carepartners of individuals with Parkinson's can experience stress surrounding difficult conversations that may need to occur with the individual with PD and with others as part of the caregiving role.

The unique challenges of PD may impact the difficult but necessary conversations that need to happen and the ways they are carried out throughout the caregiving journey. Difficult conversations have been studied in a variety of contexts, but the voices of carepartners have yet to be heard.

Using qualitative research techniques that will aim to shed light on the lived experiences of carepartners in Southwestern Ontario, we will be exploring the fears, concerns and experiences that surround difficult conversations. A total of 10 to 15 carepartners will be recruited to participate. Interviews will be conducted online using the Zoom video conferencing platform.

As interviews are conducted, we will engage in ongoing analysis of the data, to explore important themes that can add to our understandings of the challenges and possibilities inherent in the caregiving role as they relate to difficult conversations.

Findings will be presented in an academic article as part of a Master's thesis, and at peer-reviewed conferences. It is our hope that these findings will contribute to the development of evidence-based instructional videos designed to assist carepartners of individuals with PD in conducting difficult conversations.

Clinical Movement Disorder Fellowship Program



FELLOW: Mellany Tuesta Bernaola, Western University

GRANT: \$50,000

The two-year fellowship program at London Movement Disorder Centre (LMDC) at Western University, with the guidance of Professor Mandar Jog, incorporates clinical and research duties. I will be exposed to different domains of movement disorders, especially Parkinson's disease (PD). I will receive world-class training with active participation in the diagnostic and therapeutic approach to motor and non-motor aspects of PD. Regarding the therapeutic armamentarium of PD, I will develop expertise not only in using different oral medications, but also in advanced therapies like deep brain stimulation (DBS), Levodopa-carbidopa intestinal gel (LCIG) and Apomorphine (subcutaneous and sublingual) therapy. Apart from that, I will receive hands-on training in botulinum toxin therapy. I will have the opportunity to work with a multidisciplinary team for two years.

Research is another indispensable part of this fellowship training program at LMDC. I will first learn research methodology and different nuances of the clinical trials in PD. Superb research facility at LMDC will subsequently encourage me to think and cultivate research ideas on the unmet needs regarding the clinical phenomenology and therapeutic intervention in PD. During this fellowship program, I will be expected to author review articles, case reports and original research papers in high-impact journals.

Furthermore, I will take part in weekly journal clubs, video rounds and discussion of cases that will further improve my clinical skill set and will provide a platform up to date with the current clinical research in PD going on worldwide. I will also learn how to become proficient in comprehensive differential diagnoses and how to approach them. Dr. Jog's team also actively participates in most of the regional, national and international movement disorder conferences and workshops. This will give me an outstanding opportunity to be exposed to and interact with other PD research groups worldwide.

New Look, Same Us!

visit our new website: www.pssso.ca

Find out about:

- Parkinson's and Parkinson's programs
- Upcoming events, conferences and workshops
- How you can help
- Corporate/Employee involvement
- Sign-up to receive Enews updates
- And more ...

parkinson SOCIETY
SOUTHWESTERN
ONTARIO

PSSO ANNUAL GENERAL MEETING

LOCATION:

Parkinson Society Southwestern Ontario
123-4096 Meadowbrook Dr, London
Wednesday, October 20th at 5:00 pm

RSVP at shelley.rivard@pssso.ca

Summer Activities and Parkinson's:

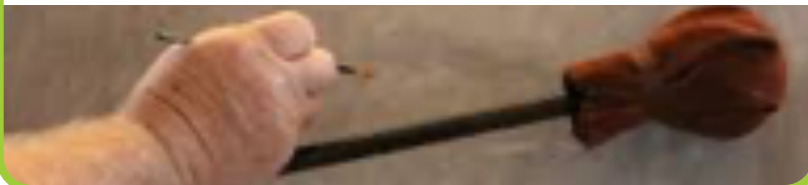
Occupational Therapy Tips to Adapt Activities and Enhance Participation

Getting outside and participating in summer activities is a great way to stay active and improve your mental health and wellbeing. Even with Parkinson's you can participate in your favourite summer activities. Here are some easy occupational therapy tips to help improve your performance in gardening, painting and walking. Remember to plan activities around your 'on' times with medication to help maximize participation and enhance independence and safety.

Painting Tips:

A fun way to be creative and it can be done at any skill level!

- Try to have all your art tools out and accessible before beginning to paint. This will help conserve energy by limiting the need to get up and down throughout the activity.
- If you have difficulty maintaining your balance or become easily fatigued, sit down at a table while painting or use an easel and a stool.
- To minimize any mess that may be caused by tremors or dyskinesia, place your water bin and paints inside larger containers or glue on some suction cups to the bottom of the containers and suction it to the table.
- Purchase or make your own Mahl Stick (pictured below). A Mahl stick helps to manage tremors by providing a rigid surface to help stabilize your arm or hand. Hold the Mahl stick in your non-tremoring hand against the painting, then stabilize your hand tremor against the stick while holding the paintbrush. Make your own Mahl stick at home using a long stick of wood with a tennis ball at the end. Brace the stick between your knees or feet.
- To help with impaired grip strength, use wide-handle paintbrushes or make your own by wrapping foam or a hand towel around the brush handle and fastening it with elastics or zip ties.



Gardening Tips:

A great way to spend time outside and be physically active!

- Remember to stretch before and after gardening and drink lots of water to minimize stiffness and soreness.
- Pace yourself! Focus on one small area at a time. This will help to reduce feeling stressed to finish a task on time, especially if you feel fatigued.
- Plant vegetables or flowers in a raised bed or in pots. This will allow you to sit in a comfortable chair or work at a table to help conserve some energy and minimize risk of a fall.
- Wear an apron or tool belt to help carry tools for easy access and retrieval.
- Use wide handle garden tools to help reduce hand fatigue and cramping, especially if you have diminished grip strength. You can also make your own by wrapping foam or a hand towel around the handle and fastening it with elastics or zip ties.
- Try to ensure easy access to the centre of the garden bed so that you can easily water and tend to the garden. If working in larger areas, use long handled garden tools or a reacher to reduce the need for reaching far and bending.
- While gardening is a great way to pass the time, remember to set a reminder so that you don't forget to take your medication on time.

Walking Tips:

Another great way to move your body in any environment!

- Try walking while listening to familiar music that is high-groove (makes you want to move). This can help reduce the occurrence of freezing of gait or festination. Try finding music that plays at 110-120 beats per minute for women and 105-115 beats per minute for men.
- Try out Nordic walking with poles. This exercise has been found to help people with Parkinson's increase both stride length and walking speed.
- Try using some cognitive cues. When walking, think about taking big long steps and using a heel-toe stepping pattern.
- Always have a way to call for assistance. Take a cell phone with you, walk with a friend or consider using a fall alert pendent system.



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Written by Sydney Hampton. Sydney is a first-year student in the Masters of Occupational Therapy Program at Western University, completing her eight-week placement at Parkinson Society Southwestern Ontario.

Become A Hero of Hope

By becoming a monthly donor, you join us as a Hero of Hope! Our monthly giving club of hero's help make hope possible! By donating monthly, you not only help provide sustainability for programs and services to continue, but you invest in the lives of people with Parkinson's in our community.

Simply fill out the form on our website pssso.ca/how-to-help/hero-of-hope/ and email it to joanne.bernard@pssso.ca or call 1-888-851-7376.



Parkinson's and Driving

A Parkinson's diagnosis does not necessarily lead to the loss of your driver's licence. Driving is often associated with freedom and independence. You can maintain your autonomy and the pleasure of driving for many years after your diagnosis.

For many people, driving a car is essential for most daily tasks: going to work, driving their kids around, going to appointments. Driving makes life easier but it is also a complex task that requires a combination of visual, cognitive and motor skills.

The skills necessary for driving can be affected by Parkinson's disease. Your ability to drive safely may vary depending on the stage of your disease. In the early stages, it is entirely possible to keep driving safely. Certain procedures are required as soon as you receive your diagnosis.

You also need to prepare yourself and know how to identify and accept the time you need to stop driving. If your driving is no longer safe for you and others on the road, there are other means of transportation.

How does Parkinson's disease affect your ability to drive?

Driving involves a combination of visual, cognitive and motor skills that may be affected by Parkinson's disease.

Some symptoms, such as tremors, slow movements, rigidity, freezing or cognitive disorders may affect your ability to drive.

Your reaction time in response to complex road conditions can increase significantly, which can increase the risk of accidents.

What other means of transportation are available?

With time, you may no longer be able to drive. You can use alternative means of transportation such as:

- Taxi
- Carpooling with family members or friends
- Public transportation
- Driver services offered by volunteer centres
- Taxi Coop services
- Paratransit
- Driving services like Uber, Skip the Dishes, etc.

Some antiparkinsonian medications can also have adverse effects that can affect driving, such as drowsiness or insomnia.

What can I do to continue driving safely?

You can continue driving during the early stages of Parkinson's disease. Enjoy it while you can still do it independently and safely. However, there are certain precautions you should take before driving:

- Plan your route before you leave
- Get behind the wheel when medication is most effective
- Avoid driving during "off" periods
- Avoid driving at night
- Only drive when you are well rested
- Remove distractions while driving, such as listening to the radio, eating or drinking, using a cell phone (even if it is hands-free) or talking to a passenger
- Maintain good posture in order to be comfortable and have good visibility while driving
- Stay fit and physically active in order to maintain good mobility, appropriate energy levels and fast reaction time needed to drive.
- Avoid highways that require you to drive fast
- Limit your driving to short distances
- Avoid driving in bad weather conditions
- Do not drive if you are drowsy

An occupational therapist can help you develop an individualized plan to modify certain driving habits or implement assistive measures in your vehicle.

If your condition prevents you from being able to drive or get in and out of your vehicle safely and independently, you may be eligible for government financial aid.

Can I get a disabled parking permit?

If you have trouble walking short distances, you may be eligible for a parking permit for people with disabilities.

What are the signs that it might be better to stop driving?

The idea that you may one day have to stop driving can be difficult to accept, but being involved in an accident can have a serious impact on you and others.

You and your loved ones can monitor your driving and regularly assess whether you should stop.

How can I talk to a loved one about the progression of their driving?

The ability to drive is an important component of self-esteem and independence for many.

Your loved one may therefore get very emotional once approached about the progression of their driving. You can first acknowledge their good behaviours and then share your concerns without making them feel guilty.

You and your loved one can determine a transitioning schedule together based on the appearance of warning signs indicating that they should stop driving.

If your loved one shows resistance, talk about potential risks for them and others if they continue driving unsafely. Finally, talk about it with their care team to get help.

Some signs that may be alarming:

- Driving too slowly
- Stopping in traffic for no apparent reason
- Non-compliance with road signs
- Getting lost during a familiar route
- Difficulty turning or changing lanes
- Difficulty reading traffic signs or seeing traffic lights in time to react
- Increased car insurance rate due to traffic violations or at-fault accidents
- Problems responding to unexpected driving situations
- Slow reaction to traffic lights
- Several consecutive unsuccessful attempts to park the car
- Tickets for traffic violations
- Drowsiness at the wheel
- Forgetting to put the car in park

How To Better Manage Stress and Anxiety With Parkinson's

Having Parkinson's or caring for a loved one with Parkinson's can be stressful. With the added stressors that the pandemic and lockdown bring, stress and anxiety have been at an all-time high for many individuals.

Stress and anxiety can worsen the symptoms of Parkinson's. Learning ways to manage and cope with stress and anxiety can help you to better manage your Parkinson's symptoms and help improve and maintain a good quality of life for both you and your family.

Several strategies can be effective in managing stress and anxiety:

- Research suggests relaxation techniques, such as mindfulness/meditation, including Yoga can help reduce stress levels and provide mental and physical benefits to enhance wellbeing. Mindfulness is the concept of being present in

the moment with the goal of becoming more aware of your feelings and thoughts and accepting what you're feeling. Studies have suggested that mindfulness can help individuals with Parkinson's cope better with their emotions. There are numerous types of mindfulness practices, including deep breathing exercises, progressive muscle relaxation or guided visual imagery. Yoga can also foster a sense of calmness and can be used as a relaxation technique. You can learn and practise mindfulness, meditation and Yoga in various ways. You can do self-guided meditations/mindfulness or Yoga using videos or audio that can be found online or through meditation apps. You can also attend programs or classes that teach these techniques.

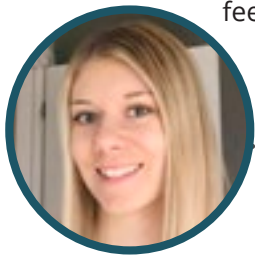


- You can also create coping cards. Coping cards are statements that you create, that can be written or typed and accessed at times when you're experiencing periods of intense emotion. Often when we experience high stress, this impacts the way we think and feel, and it can be difficult to think clearly or know what to do. Coping cards may include positive affirmations, activities or coping skills that are helpful when experiencing periods of stress.

- Journaling can help you express your feelings, process these feelings and also clear your mind. Additionally, it can help to identify situations that trigger stress or anxiety for you and help you reflect on this. This could also be used as a tool you can discuss with your healthcare provider. You can also practise gratitude journaling which focuses on recording things you are grateful for. This can help lower stress and increase self-awareness.

- Connecting with loved ones or accessing support groups for peer support such as those offered by Parkinson Society Southwestern Ontario can help build a supportive community that you can lean on in both good and tough times. With COVID-19 we have all felt the effects of social isolation, showing us the importance of human connection. Even if socializing can only be done virtually or socially distanced, it can still provide great benefits and help with feelings of stress and anxiety.

- Participating in exercise and physical activity can provide great benefits for mental health and can help reduce feelings of stress.



If you are feeling overwhelmed or experiencing high levels of stress or anxiety, it is best to reach out to your family physician who can refer you to a mental health professional for help.

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Written by Kailey Tebbutt, is a first-year student in the Masters of Occupational Therapy Program at Western University, completing her eight-week placement at Parkinson Society Southwestern Ontario.



VOLUNTEER TODAY!

With your help we can do so much more for people living with Parkinson's. Interested in helping with your local walk?

We're looking for volunteers to join in our efforts!

Contact us at info@psso.ca or call 1-888-851-7376 to find out how you can help.

Food for Thought:

Adaptive Devices for Eating Well

Eating should feel like a treat, not a chore. Mealtime is when you can relax and enjoy the occasion with your friends and family. However, people living with Parkinson's disease might be experiencing symptoms such as tremors that make mealtime challenging. It is important to note that eating well doesn't have to be a frustrating experience. There are several eating aids or adaptive devices to maximize independence and enhance safety while at the table. On pages 14 and 15, there are a few examples of adaptive devices you may consider. Some are low-tech and low-cost, whereas others involve innovative solutions that utilize high-tech and are costly. When deciding if a device is right for you, it is important to consider what aspect of eating you are having trouble with and select the device that works best for your situation.

Everyone is unique and what works for some may not work for you.

Cooking/M meal Preparation

Many adaptive devices can make your cooking routine much simpler. Adapted cutting boards contain spikes that hold your food in place to enable one-handed cutting. A rocker knife has a curved blade for cutting with a simple rocking motion. If you are not comfortable with a knife, a one-handed chopper only requires a simple push-down motion to quickly cut your food, or you can try wearing a pair of cut-resistant gloves. If you experience reduced hand strength, either an electric can opener or an electric jar opener can empower you to efficiently open containers with just the push of a button!

Tremors

Tremors, weakness or a reduced range of motion with the hands or arms pose a significant challenge for eating. Weighted utensils with built-up grip handles may help to counter tremors and weakened grip strength by providing extra stability and control. A soup spoon with a deep bowl can help to shovel and scoop up food. For those with a reduced range of motion in the wrist and hands, bent or bendable utensils are great options to consider.

NOTE: Some research suggests that weighted utensils are not always effective for managing tremors; instead, lightweight utensils that produce faster stable movements have been found more effective. As with all equipment, the best practice is always to experiment and try various options to find what works best for you.

More Tools to Consider

Insulated dish: to keep food warm and pleasant for eaters that require more time to eat.

Spills

Avoiding spills is key to improving safety while minimizing food waste and reducing cleanup time. Non-slip dining mats, made of a material such as Dycem, provides a textured surface to help adhere your plates or bowls to the table. Suction plates and bowls that stick to the table are also a good option. Either a plate guard attached to a plate, or a round scoop dish are both particularly useful for people who rely on eating with one hand to scoop their food. For coffee/tea lovers, a kettle tipper is indispensable to avoiding spills as it eliminates the need for any lifting motion. To top off your morning coffee, consider using spill-proof cups with double handles or nosey cups with a cut-out to drink fluids without tipping the head back.

The Bread & Butter – Good Eating Habits and Strategies

While adaptive devices are wonderful inventions to make eating more accessible, effective eating strategies should be implemented to complement and maximize the potential of these devices. Some helpful strategies are:

1. Cool as a cucumber: take your time to eat. Don't rush or feel pressured to finish your meal within a set amount of time. To help keep food warm while eating, consider using an insulated plate.
2. Savour your meal in a peaceful and comfortable environment.
3. Eat during "ON" times when you have the most energy.
4. Try cutting down food into smaller pieces and choose foods that are easy to eat (e.g., soft texture, easy to manipulate with utensils).
5. Have frequent and smaller meals which are easier to manage. Remember to eat in an upright position and remain upright for at least 30 minutes afterwards.

I hope that you have gained an increased awareness of adaptive device possibilities that may be suitable to incorporate into your daily routine. If you are looking for personalized solutions, reach out to an occupational therapist to learn about additional eating/meal prep strategies and to help select specialized cooking/eating equipment tailored to your needs.



Written by Jonathan Chan. Jonathon is a first-year student in the Western University's Master of Occupational Therapy (MscOT) program. He is currently completing his placement at Parkinson's Society Southwestern Ontario.

Liftware Technology

Liftware is an innovative, evidence-based technology designed specifically for hand tremors. It uses motion sensors to detect your hand movement and position to counteract uncontrollable rhythmic movements. In essence, Liftware is a stabilizing electronic handle for your spoon or fork. The handle serves to make it easier for people to scoop up food and bring it to their mouth at the correct angle. Benefits vary on an individual basis. According to Liftware, this product is most effective for people with mild to moderate tremors.

To leave a legacy is to sew seeds for the future. To leave a legacy is to ensure that access to support services and educational opportunities remain available. To leave a legacy is to ensure that others that come after you have the opportunity to fight well.

We all want a world without Parkinson's, but until that day comes, we remain ready, able and willing to support the needs of today. A legacy gift makes that work possible.

Call 1-888-851-7376 for more information on leaving your legacy.



**A GIFT
TODAY IS
HOPE FOR
TOMORROW...**



Treatment of Pain in Parkinson's

Because Parkinson's remains an incurable illness, the goal of any treatment intervention must be quality of life. Pain has a significant impact on quality of life.

In fact, accurate treatment will help reduce some of the consequences of pain, particularly decreased mobility, depression and anxiety, all of which negatively affect quality of life.

Unfortunately, pain in Parkinson's disease is largely undertreated and once identified, difficult to manage. As with any other aspect of this disease, patient proactivity and involvement are integral to a successful approach to managing this symptom.

Psychosocial factors can influence the experience of pain to a great degree. Stress of any nature from sources either related to the Parkinson's or of a completely different nature, such as financial or occupational burden, or relationship issues, can definitely heighten the perception of pain. Therefore reducing stress by learning ways to cope with the stressors can be highly beneficial.

Treating any co-morbidities or other conditions that aggravate pain, such as a mood disorder (depression or anxiety) or sleep disturbance, will also help to reduce pain. In other words, if mood is improved and sleep is adequate, pain is less likely to be as disabling.

Physical modalities also play an important role and are interventions that can be implemented by patients themselves. Examples include hot packs (heating pad, microwaveable bags, etc.) which are good at relieving muscle tension and spasm. Applying them to the area of pain for 30 minutes at a time, helps. On the other hand, cold packs are important for acute injury or tendonitis. This sometimes occurs with repetitive dyskinesia.

Exercise and improved overall fitness are important in general. Both active stretching on your own and passive stretching with a trainer or partner not only help maintain flexibility, but also help stretch muscles that otherwise are shortened or in spasm.

Other health professionals can assist in pain relief. Their interventions are an important part of the non-pharmacologic approach to treating pain.

Physiotherapy may help reduce pain resulting from the motor symptoms of PD, such as rigidity and postural abnormalities. Massage therapy can also make a positive impact by physically manipulating tense muscles and trigger points. Other complementary health practices, such as acupuncture, have anecdotally provided some degree of pain relief as well.

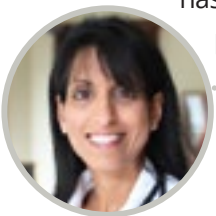
Following these interventions, if sufficient relief is not felt, then medical intervention may be necessary. In the case of musculoskeletal pain, there may be dramatic improvement with effective treatment of parkinsonian motor symptoms - in other words getting on the correct dosage and scheduling of Parkinson's medications. Sometimes pain will fluctuate with motor symptoms and the medication schedule needs to be modified. For example, if pain is more bothersome in the "off" state, maximizing "on" time through changes in medication may be warranted. These changes could involve increasing the frequency of L-dopa, or using a longer acting agent, such as a dopamine agonist or controlled release of L-dopa. If the symptoms of PD are well controlled, it follows that pain from the motor aspects of the disease will improve as well.

Unfortunately, initiating or modifying dopaminergic therapy does not lessen pain for the majority of patients, reflecting the complexity of this problem. In these instances additional medications may be necessary. It may take ongoing monitoring and many different treatment trials (or even referral to a pain specialist) before adequate relief is reached.

In the case of musculoskeletal or neuropathic pain, response to analgesic agents is variable and unpredictable. Acetaminophen can be of some benefit, but in most cases a combination of medications is required, including those that normally treat depression or epilepsy. Opioids may also be considered.

When pain is related to dystonia, the addition of amantadine or a muscle relaxant or benzodiazepine may work. For those with significant dystonia or spasm in a single muscle group, injection of botulinum toxin remains a viable option.

Because Parkinson's remains an incurable illness, the goal of any treatment intervention must be quality of life and pain has a significant impact. In fact accurate treatment will help reduce some of the consequences of pain, particularly decreased mobility, depression and anxiety, all of which negatively affect quality of life.



Dr. Soania Mathur is a family physician who had to resign her practice following a diagnosis of Young Onset Parkinson's Disease at age 27. Dr. Mathur now dedicates her time to patient education, writing and Parkinson's advocacy. For further information, go to www.unshakeablemd.com

TECHNOLOGY MAKES IT EASY TO FUNDRAISE!

If planning and organizing isn't your thing, did you know you don't have to throw a party or come up with an amazing event idea to fundraise? It can be as simple as using online tools to let your friends and family know about the cause near and dear to you!

FACEBOOK

1. Login. 2. Go to create a post. 3. Within the options, click the three dots and choose 'support nonprofit' From here, you can follow the prompts – just make sure when choosing the nonprofit, you type **Parkinson Society Southwestern Ontario** and it will pop up! It's as easy as that! All funds raised will be deposited directly to PSSO from Facebook.

PAYPAL

Do you use paypal? We have a direct link to give!
paypal.com/ca/fundraiser/charity/3456581

You can share this link on your social media sites or send an email to friends and family.

Questions? Email info@psso.ca or call 1-888-851-7376.

Friendships and Parkinson's

Recently, during my Parkinson's Voice Project speech training, I was asked to read (with INTENT, of course) the song/poem with the well-known line of "make new friends, but keep the old, one is silver and the other gold." I remember this song well from my childhood; we even had it written on a plaque in our house while I was growing up. When I was young, I didn't quite understand if it was the new friends or the old friends who were silver or gold. I guess I just knew that friends were important.

There are various obstacles that a person with Parkinson's can face when it comes to friendships, with both making new friends and keeping "the old." Friends from before diagnosis simply may not understand the complexities of Parkinson's. And a newly diagnosed person with Parkinson's also may not understand these complexities. Apathy, fatigue, cognitive changes and other symptoms may be difficult for both the person living with Parkinson's and their friends to understand. This can be a challenge when you, the person with Parkinson's, are having a hard time just trying to figure out what it is and what to do about it. What do you share with friends and what do you keep to yourself?

Some friends may find a Parkinson's diagnosis too much to process. That's okay. Just be where you can with them. Others may not completely understand but will be by your side nonetheless. Treasure the friendships wherever they are. Some will fade, and again, that's okay. Give grace to those friendships and let them go where they naturally will. The others, the ones who stick around even though they don't understand — I think they might just be the "gold."

Doom and gloom do not need to follow a Parkinson's diagnosis. Everyone reacts differently, but in getting to know hundreds of people with Parkinson's, I have seen that typically there is a period where denial or shock or disbelief set in. Most people will keep the diagnosis to themselves and possibly a few close family or friends. This is normal. However, don't get stuck there. Making new friends who understand what you're experiencing can be the balm that nourishes your soul.

Where do you find these new friends who, like you, are living with Parkinson's? How can they help? Look at our Parkinson's programs on these two pages or go to www.pssso.ca for more information.

Information and Referral

Have questions about Parkinson's? Are you looking to join a support group, speech or exercise program? Need help finding information or accessing services in your local community? Information and Referral is all about bringing people in need together with the services in their community.

Newly Diagnosed Series

Were you diagnosed with Parkinson's in the last 24 months? Are you struggling with the diagnosis? Would you like to learn more about Parkinson's? Are you unsure of the next steps, or having difficulty sharing the news with family and friends? The Newly Diagnosed Series is four sessions.

Support Groups and Exercise Programs

Are you looking to join a support group or exercise program? There are a number of support groups throughout the region and specific groups for Carepartners and Young Onset, as well as a number of exercise options, like Rock Steady Boxing and Parkinson's SMART Exercise Program.

Counselling

If you're dealing with a new diagnosis of Parkinson's, need help sharing news with family and friends? If you are having relationship issue, are dealing with grief, loss, depression or anxiety, we are here for you. FREE, short-term, non-crisis counselling is provided by a Social Work Student through a partnership with King's University College. Counselling is available September to June. Contact PSSO if interested.

The value of having friends with Parkinson's is that they "get it." They offer a safe place to just be yourself. You will laugh and cry, and have deeply serious moments with these new friends. You may come from vastly different backgrounds, and yet one thing, Parkinson's, will bind you. These new friendships very likely will become the silver lining in your Parkinson's diagnosis.

I don't know what I would do without my Parkinson's friends. They have become some of my closest friends, even though many of them live in other parts of the country (and world). It's like that old friend whom you haven't spoken to in a very long time, and then you get together and it's like time never passed. You're laughing and joking like you've never been apart.

So, as the song says, make new friends and keep the old. You will find a lovely journey through life as you embrace new friends who can help support you, and you will be a support to them in return. That sounds like a "gold" medal to me.

Coffee Klatch

Have you ever wanted to meet other people from other areas around Southwestern Ontario? Grab your favourite drink – hot or cold, and meet us online to connect with each other! Coffee Klatch is on Mondays at 10:00 am. Coffee Klatch is a German phrase to mean "a casual social gathering for coffee and conversation."

Parkinson's Music Choir

A fun, therapeutic and evidence-based approach to enhance respiratory function, Parkinson's Music Choir is being offered during the summer on Friday mornings from 10:00 am to 11:00 am.

The Choir will be offered both in-person in Kitchener Waterloo (COVID rules apply) and virtually come the fall. The fall choir will run October 1st to December 17th. Please reach out reserve a spot.

Louder, Clearer:

A Parkinson's Voice Training Program

Group sessions are led by Speech-Language Pathologists to provide an opportunity for people with Parkinson's in Southwestern Ontario to learn and practise skills for louder, clearer speech in a relaxed and social atmosphere. The Louder, Clearer program is eight sessions offered online and in various locations throughout the year. Reserve your spot for the upcoming fall session.

Parkinson's Update and Parkinson's E-news

The Parkinson's Update newsletter comes out twice a year and is available in print and online. Parkinson's e-news is weekly/biweekly and only available through email.

Conferences, Webinars and Workshops

The Parkinson's conference takes place in the fall and usually alternates between London and Kitchener. Living Well conferences are smaller venues and typically take place in the spring as part of April Awareness. Webinars are scheduled throughout the year. Workshops may also be offered throughout the region or online.

Want to know more about our programs or services?

If you are interested in joining or finding out more, go to www.pssso.ca, email info@pssso.ca or call 1-888-851-7376.



WHO WILL YOU WALK FOR?

Join us in person or virtually!

September 11th & 12th*

Details at walkforpd.ca

*In person walks are subject to local public health regulations



REGISTER TODAY*

walkforpd.ca | 1-888-851-7376

*In person walks are subject to local public health regulations

SATURDAY, SEPTEMBER 11, 2021

Brantford-Brant County - Mohawk Park
Register & Walk anytime between
1:00pm and 3:00pm

Goderich and Grand Bend - TBD
Register & Walk anytime between
10:00am and 12:00pm

London and District - Springbank Gardens
Register & Walk anytime between
10:30am and 1:30pm

Wellington-Dufferin - Centre Wellington Sportsplex
Register & Walk anytime between
10:00am and 12:00pm

South Grey Bruce and Hanover - Hanover Town Park
Register & Walk anytime between
8:30am and 11:00am

Stratford and Area - Upper Queen's Park
Register & Walk anytime between
9:00am and 11:00am

Waterloo Region - Kiwanis Park
Register & Walk anytime between
9:30am and 12:30pm

SUNDAY, SEPTEMBER 12, 2021

Chatham-Kent - Kingston Park
Register & Walk anytime between
12:00 noon and 2:00pm

Owen Sound - Bayshore Community Complex
Register & Walk anytime between
1:00pm and 3:00pm

Oxford County - South Gate Centre
Register & Walk anytime between
1:00pm and 3:00pm

Port Elgin, Kincardine and Area - North Shore Park, Saugeen Shores
Register & Walk anytime between
1:00pm and 3:00pm

Sarnia-Lambton - Canatara Park
Register & Walk anytime between
1:00pm and 3:00pm

Windsor-Essex - Malden Park (Malden Road entrance)
Register & Walk anytime between
12:00 noon and 3:00pm

Fran Gordon

Fran Gordon suspected her husband Alan had Parkinson's twenty-seven years ago. Fran and a doctor noted that he was not picking up his feet while he was walking. Doctors in Owen Sound and London later confirmed this diagnosis.



Before joining Parkinson Society Southwestern Ontario, they knew very little about the disease. Fran shares that she and Alan have learned so much about Parkinson's and the diversity of symptoms people experience. Alan's form of Parkinson's is a prime example of how Parkinson's affects everyone differently. Fran explained that while Alan does struggle very significantly with mobility, he has never had any issue with shaking, the cardinal symptom most people associate with Parkinson's.

The Gordon family has been extremely generous members, involved in many fundraising and awareness-raising efforts in the Owen Sound area. Their family did not miss a single meeting and volunteered at all the Walk for Parkinson's events. Interestingly enough, their son, a musician, provided the entertainment for the Walk for Parkinson's events for many years!

The family values the Walk for Parkinson's because it brings together community and families in a day of music, fun and fundraising for a great cause. Additionally, the Gordon family organized a concert in a church and raised a great deal of money. Fran even did a talk on Rogers TV to promote awareness on Parkinson's!

The couple graciously donated all money from the 60th wedding anniversary to Parkinson Society Southwestern Ontario. Their generosity does not go unnoticed, and it goes a very long way to helping their communities!

The Gordon Family continues to have some deep ties within Parkinson Society Southwestern Ontario, even while living in a nursing home. Fran comments that she wishes the public knew more about Parkinson's. She is patient and understanding of those afflicted by the disease. She encourages people to read about Parkinson's and get informed.

Fran offers words of encouragement for people to get involved in local initiatives to help their communities. She remarks that getting involved allows you to share and hear other stories that inspire individuals to know they are not alone!

Written by Nathan Hostetler



Volunteer Profile - Nancy Clark

Nancy Clark has been a dedicated volunteer and understands how volunteering is essential in helping to run Parkinson's programs. Nancy's co-worker, Pam, had facilitated the Oxford Parkinson's support group for many years and asked Nancy to take over her role as facilitator.

Nancy felt that running a support group was a good fit for her with her experience working at VON, supporting many people with diseases (including Parkinson's) and their carepartners. Nancy has been facilitating the group for almost six years and loves being part of the groups' conversations.



Nancy Clark

The Oxford Parkinson's Support Group would get together for Christmas potlucks and also for a celebration in June when they break for the summer. Nancy enjoys getting together and having the group members share. One man in the group would share his talent of poetry.

Of course, with COVID-19, there were concerns about facilitating a group virtually and whether or not people would feel the personal connection and get anything out of it. To Nancy's pleasant surprise, the group has been very appreciative of the support. Everyone still looks forward to in-person meetings but is still on the same page about wanting to be as safe as possible.

Nancy keeps very busy with work, family, volunteering with PSSO and other organizations, as well as free-lance writing. In her "down" time, she likes anything outdoors, including gardening and playing games with her kids, like scavenger hunts.

Nancy promotes volunteerism to her young children so they will grow up understanding the importance of helping others. Her husband assists her with the support group with mailings as well as preparing and researching for meetings. Nancy knows that volunteering at Parkinson Society Southwestern Ontario is a win-win situation.

Thank you Nancy, for all you do!

Ontario Volunteer Service Award Recipients

Dawn Brownlee
Don Brownlee
Linda Byers
Alysia Christiaen
Carl Chute
Deborah Cotie
Robert Cotie
Bob Coulthart
Leah Coulthart-Howe
Chris Curry
Susan Davies
Betty Lou Dimitroff
Ron Dunseith
Brenda Ecclestone
Lisa Ecclestone
Robert Ecclestone
Hudson Ecclestone
Conley Ecclestone
Mercedes Ecclestone
Miriam Flewitt
Marie Hicknell-Feeney
Bill Jones
Jack Kressler
Karen Lawrence
Murray Lawrence
Vina McRae
Dollie Milos
Doris Neeb
John O'Rae
Marcia O'Rae
Dr. Mike Ravenek
Joe Salamon
Nancy Scott
Patricia St. Pierre
Carol Stemmler
Ken Stemmler
Neil Tenney
Karen Tripp
Anne Walker
Lois Wood

In Memoriam

We offer our sympathy to the families whose loved ones have passed away between January 1, 2021 and June 30, 2021.

Giovanni Anastasio	Mary Daub	Fergus Kelly	Ray Miller	William Sharkey
Victor Andreychuk	Shirley Daub	Judith Kelly	Iris Mitten	Tom Silvis
Fred Anhorn	Basil Davenport	Tony Kelly	Edward Morrison	Douglas Skinn
Helen Bailey	Mary Droogendyk	William Kennedy	Frederick Murphy	Douglas St. Laurent
John Baker	Helen Dubniczky	Jason Kiffman	David Murray	Peter Stemkens
Dennis Bell	David Duncan	Ewald Kliever	Pamela Nagle	Trudy Stemkens
Vera Beranek	Medore Duval	David Knapp	Margaret Neal	Seur Taing
Paul Bogaert	Brian Edwards	Michael Kummer	John Newall	Alfie Stockwell
Thomas Bouskill	Richard Elgie	Joyce Langille	Medric O'Hagan	Joseph Takacs
Willard Bowman	Melville Elliot	James Langley	Abilio Oliveira	Sharon Thiel
Everitt Bridge	Joyce Falkins	Douglas Lightfoot	Narendra Parekh	Ella Tibbo
Richard Brown	Mary Fergus	Pauline Looman	Laverne Parker	Joseph Townsend
Maria Brusco	Klaus Fromm	Sue-Elin Lumsden	Robert Paterson	Ralph Triebner
Larry Carey	Theresa Gillis	Margaret Mandryk	Frederick Perry	Rosanna Tripp
Pat Carter	Garnet Graham	Esther Martin	George Plume	Elsie Van Beest
Angela Citton	Ronald Gregory	Gary McCann	Joan Ranstoller	John Vandewiel
George Cochrane	Walter Gretzky	Suzanne McCrae	Hilda Rave	Barbara Wall
Velda Cochrane	Lynn Gray	Martin McDonald	Paul Robinson	Margaret Warren
Steven Cohen	Joseph Grove	William McIntosh	Thomas Robbins	Walter Waun
Edward Corcoran	Gerhard Haack	Bonnie McKenzie	Stephe Robshaw	Paul Wenhardt
Peter Coyles	Kenneth Hammer	Jean McLean	William Rogers	Gary White
Lucia D'Amico	Janet Huffman	Ross McLellan	Lorraine Ryan	Patricia Wilkinson
Gail Darby	Mary Janes	Maria Mendonca	Ruth Scarr	Mary Wilton
Connie D'Arcey	Alice Kabbes	Linda Mikel	Larry Schmidt	Judie Witney
Gerald D'Arcey	James Karoulis	Feruco Mikis	Joan Selwyn	George Yearwood

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.



ATTENTION: MEDICAL PROFESSIONALS

The Parkinson Education Program (PEP) for Community Caregivers is an online educational series offered to better equip healthcare professionals in providing excellent care to individuals living with Parkinson's disease.

Get your PEP Certificate today!

It's free and makes a difference in the Parkinson's community

www.peponline.ca

CHECK OUT OUR PARKINSON'S WEBINARS!

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

BENEFITS TO WEBINARS:

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A question and answer period follows the presentation.

Cost-Effective

There is no expense of booking meeting space.

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No type of special equipment is needed.

How to participate:

1. Go to 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.



BECOME PART OF OUR TEAM VOLUNTEER TODAY!

Volunteering encompasses acts of kindness (no matter how big or small) AND the magic that happens when we work together towards a common purpose.

To find out how you can become part of our
volunteer team, go to **pssso.ca**.

Don't forget to find us on facebook and instagram
to join in the conversation and stay up to date!

 parkinsonsocietytwo  parkinsonstwo

parkinson SOCIETY
SOUTHWESTERN
ONTARIO