

VIEWPOINTS



*
**Reminder
to Renew
Membership**
BEFORE DECEMBER 31

A quarterly newsletter for the
Parkinson's Community of British Columbia

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SUSAN ATKINSON

OUR MISSION Parkinson Society British Columbia exists to address the personal and social consequences of Parkinson's disease through education, outreach, scientific research, advocacy and public awareness.

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Charitable Registration Number 11880 1240 RR0001

Your support is essential!

PSBC would not exist without the generosity of its members, donors and volunteers since it receives no government support.

The following are the many ways you can support your society:

Shoppers Optimum Points™

You can now donate your Shoppers Optimum Points™ to Parkinson Society BC. For more information, visit: <https://www1.shoppersdrugmart.ca/en/optimum-new/donate-transfer>

Membership—\$25 annual fee

Monthly, Quarterly or Annual Donation

United Way—Remember PSBC when giving through United Way

Special Events—Your participation in our special events makes a difference

Planned Giving and Bequests

Consider **PSBC** as a beneficiary in your Will

Editorial Statement

The views and opinions expressed within the pages of *Viewpoints* are not necessarily those of Parkinson Society British Columbia. The intention is to provide the reader with a wide range of material. Parkinson Society British Columbia welcomes submissions for the newsletter. The editor reserves the right to edit material and to withhold material from publication.

Articles contained in *Viewpoints* are for information only. PSBC does not guarantee nor endorse any product or claim made by an author. In matters of medical treatment or therapy, patients should consult their physicians.

Support Groups

100 Mile House, Abbotsford, Burnaby, Campbell River, Carepartner Online, Chilliwack, Chinese Speaking (Burnaby), Courtenay/Comox Valley, Cranbrook, Duncan/Cowichan Valley, Elk Valley/Sparwood, Fort St. John, Kamloops, Kelowna, Kelowna Caregivers, Kootenay Lake East Shore, Langley, Langley YOPD, Maple Ridge/Pitt Meadows, Maple Ridge Caregivers, Nanaimo, Nelson, New Diagnosis 1 & 2 (Vancouver), New Westminster, North Shore Caregivers, Osoyoos/Oliver, Parksville/Qualicum, Parksville/Qualicum Caregivers, Penticton, Port Alberni, Powell River, Prince George, Quadra Island, Quesnel, Richmond, Richmond Carepartner, Shuswap/Salmon Arm, South Sunshine Coast (Sechelt), Terrace, Trail/Castlegar, Tri Cities, Tri Cities Caregivers, Tsawwassen, Vancouver Arbutus, Vancouver Caregivers, Vancouver Downtown Working Professionals, Vancouver West Side, Vernon, White Rock, YOPD Online

holiday message



As we approach the holiday season and the end of the year draws near, I look back with gratitude on what we have been able to accomplish with your support. While members of the Parkinson's community continue to share stories of hope with us, we are also aware of the struggles that often follow diagnosis. With this in mind, you may have received a request from us to provide feedback on your experience with Parkinson's and our various services. The results of this survey helped shape our future plans to better align with the needs of people with Parkinson's, carepartners/caregivers and families affected by the disease. Your responses have also shed light on the pressing issues the Parkinson's community is facing, resulting in a change to our advocacy priorities which have been outlined in our Five Point Plan. Earlier this year, you may have heard of our victory in obtaining support for the funding of Duodopa, a therapy for advanced Parkinson's disease, through BC PharmaCare. The success of this campaign demonstrated the power and influence of a dedicated group of people. We hope that the campaign's success reinvigorated you, as it has us, and that we continue to see positive changes that will lead to a better quality of life for people with Parkinson's.

In June, we were pleased to present our first provincial conference in over five years, bringing together people with Parkinson's, caregivers/carepartners, healthcare professionals and researchers in a friendly and engaging atmosphere. The feedback we received on the conference was overwhelmingly positive, with its impact signifying the need to continue to offer events of this size and calibre. If you did not have the opportunity to join us, we invite you to view some of the recorded presentations and materials at www.parkinson.bc.ca/movingforward.

As in the past, we have continued to increase the number of visits made by Parkinson Society BC staff to our support groups across the province. While it is a pleasure to connect with you all one-on-one, these visits also provide us with opportunity for growth through the sharing of information and exchanging of ideas.

Looking ahead, we have a full calendar of events, initiatives and awareness activities lined up. If you have not already, I encourage you to review our 2018 Programs and Services at a Glance section in this issue of *Viewpoints*. We hope to see you all at one of our events next year.

It is with deepest gratitude to all of you for your ongoing support that I sign off for this year, wishing you and your loved ones a joyous holiday season filled with a sense of peace and hope.

Kindest Regards,

Jean Blake
Chief Executive Officer
Parkinson Society British Columbia

Join the Parkinson's community!
It's time to renew your household's membership for the calendar year. New and renewing members will receive an exclusive PSBC lapel pin! For more details, refer to page 14.

Recent Research Contributions

Parkinson Society British Columbia (PSBC) is committed to assisting in easing the burden and finding a cure for Parkinson's disease. The following are a number of exciting research projects we are funding in partnership with other Parkinson's and health organizations.

Projects co-funded with the Michael Smith Foundation for Health Research

In 2017, PSBC entered into a partnership with the Michael Smith Foundation for Health Research (MSFHR), which empowers British Columbia's best and brightest health researchers to pursue world-class innovation and stretch the boundaries of what health research can achieve. MSFHR matches all funds PSBC provides to BC researchers, effectively doubling our joint research contributions.

Project title

Genetic dissection of neuronal pattern formation

Researcher & institution

Dr. Kota Mizumoto, University of British Columbia

Value & term

\$318,750* over 5 years

This project focuses on understanding precise neural circuit formation by analyzing development in roundworms. As research has shown roundworms to have similar mechanisms in nervous system development to humans, it is believed that these investigations could be directly applicable to the human nervous system and diseases associated with nervous system defects.

Project title

Development of a flow cytometry assay

Researcher & institution

Dr. Christina Gros, Simon Fraser University

Value & term

\$55,333* over 1 year and 4 months

Mutations of a specific gene called GBA1 have been identified as a major genetic risk factor in developing Parkinson's disease. Dr. Gros intends on establishing further correlations between Parkinson's disease (PD) progression and these GBA1 mutations, which could lend itself to a better understanding of the disease, earlier diagnosis and further clinical studies.

Project title

Development of improved substrates for live cell imaging

Researcher & institution

Dr. Roger Ashmus, Simon Fraser University

Value & term

\$124,500* over 3 years

Studies have shown that small molecules that increase the glucocerebrosidase (GCase) protein encoded by the gene GBA1 may help prevent Parkinson's disease progression. Dr. Ashmus will deploy a combination of organic chemistry, chemical biology and cell biology to discover new therapeutic agents that increase GCase activity.

*The amounts shown and funded by PSBC are doubled by matching grants from MSFHR.

Projects co-funded through Parkinson Canada Research Program

PSBC has continued to commit research funds to Canadian researchers through the Parkinson Canada Research Program.

Project title

Topographical analysis of the trajectory of dopaminergic degeneration in symptomatic and pre-manifest Parkinson's

Researcher & institution

Dr. Michele Matarazzo, University of British Columbia

Value & term

\$100,000 over 2 years

continued on next page...

This fellowship will include research and clinical activity, with at least 75% of the time dedicated to investigation. Dr. Matarazzo will study different aspects of dopamine processing in patients with PD, sleep disorders, LRRK2 genetic mutations and healthy individuals. The hope is to understand the mechanisms behind such conditions and what changes might take place to compensate for variances in dopamine levels.

Project title

Synapse, endosome, retromer, NMDAR, TDP-43, RNA

Researcher & institution

Dr. Jordan Follett, University of British Columbia

Value & term

\$80,000 over 2 years

This project will explore the mechanisms between a Parkinson's disease mutation and a RNA-binding protein. Clinically, the researcher will explore the potential for early use of amantadine (a Parkinson's drug treatment) as a neuroprotective and antiparkinsonian medication.

Project title

Determining the impact of a multi-disciplinary Movement Disorder Clinic on health outcomes and healthcare spending in Parkinson's disease

Researcher & institution

Dr. Anish Kanungo, University of Manitoba

Value & term

\$50,000 over 1 year

This project will aim to determine if a multi-disciplinary clinic can help reduce hospitalization frequency, patient mortality and long term care home admissions when compared with the current clinical model. This could potentially inform policy and healthcare decisions for Canadians living with Parkinson's disease.

Project title

Clinicopathological investigations of the substantia nigra in Parkinson's disease

Researcher & institution

Dr. Frederic Calon, Laval University

Value & term

\$45,000 over 1 year (\$20,000 was contributed by PSBC)

Dr. Calon's team of researchers will examine the brains of PD patients who consented to its donation post-mortem. They will test a number of genetic hypotheses based on the loss of dopamine in the substantia nigra. The results of these investigations may potentially allow researchers to discover new therapeutic methods that prevent or slow the depletion of dopamine cells.

Project title

Imaging synaptic pruning in Parkinsonisms


Researcher & institution

Dr. Antonio Strafella, University of Toronto, University Health Network

Value & term

\$45,000 over 1 year (\$14,500 was contributed by PSBC)

This pilot project will use Positron Emission Tomography (PET) scanning technology to explore synaptic density and changes in specific regions of the brain (the cortex and subcortex). Specifically, researchers are interested in comparing atypical forms of Parkinsonisms (i.e. Progressive Supranuclear Palsy and Multiple System Atrophy) with the classic form of Parkinson's disease. If a biomarker for PD can be detected using PET, it could potentially be useful as an early diagnostic tool, an indicator of disease severity and progression, as well as an assessment tool for atypical parkinsonisms and their treatments.

 To learn more about PSBC's commitment to leading edge Canadian research, visit www.parkinson.bc.ca/research

ask an expert

CHERYL DANIELS

Answers Your Questions on Medication Management for PD



Cheryl Daniels has been a nurse for 26 years, working primarily in a community setting. She is originally from Saskatchewan, where she obtained her nursing degree, and has been living in Kelowna for almost

10 years. With a professional background in public health, Cheryl has been with the Multiple Sclerosis Clinic in Kelowna for 7 years and started work with the Movement Disorder Clinic in August 2015. She is currently finishing her Masters in Nursing at the University of British Columbia's Okanagan Campus.



Can you please tell us a little about the Kelowna Movement Disorders clinic?

The Movement Disorder Clinic (MDC) opened in August 2015 and is located in the Walter Anderson Building of Kelowna General Hospital. Dr. Wile is the neurologist for the clinic. Typically there has been

1 clinic per week, 2–3 clinics per month, although we're planning on increasing clinic frequency. There are currently 375 patients on the wait list, 60 are considered urgent and 50 are waiting for follow-up.



This October, you were a speaker at two community talks about medication management for Parkinson's disease. What are some of the key takeaways from these talks?

- Medication is the main tool for management of Parkinson's symptoms.
- The correct medication regimen is different for everyone and also changes with disease progression.
- There is no known cure for Parkinson's disease. Medications are designed to help manage symptoms.
- There are additional strategies that can be implemented to alleviate the symptoms of Parkinson's disease, such as exercise.



continued on next page...

Do you have Parkinson's related legal issues?

Blakes

Through a partnership with PSBC, the law firm of **Blake, Cassels & Graydon LLP** offers free of charge legal services to people with Parkinson's in British Columbia.

The Litigation Support Program from Blakes addresses legal issues such as discrimination against individuals with Parkinson's in the workplace; discrimination in accommodations, services or facilities that are generally available to the public; and, wrongful denial of disability insurance or denial of government services.

If you have a legal problem relating to Parkinson's disease, please contact **Jean Blake, CEO** at jblake@parkinson.bc.ca for more information.

? *What are the most common misperceptions about Parkinson's disease (PD) that you've noticed in working with patients?*

Despite everyone's best efforts, medication cannot prevent off times or days. People sometimes don't realize that healthcare professionals can help treat the symptoms of the disease, but we cannot eliminate the disease. As Parkinson's progresses, symptom management can become increasingly difficult.



? *In your experience, have you noticed any gaps in resources for patients with PD and/or healthcare professionals?*

There are never enough resources to support people fully as their needs vary across areas of specialty. This includes adequate psychological support and practical

care support, both for people with Parkinson's and caregivers. Often, these services can be in short supply or difficult for people in more remote communities to access.

? *What are some key resources you advise Parkinson's patients look into or take advantage of?*

I highly recommend turning to home and community care for support, such as respite, personal care, home maintenance and management, as well as counselling when needed. I find that most communities in BC are short on these services for both people with Parkinson's as well as carepartners.

More support from trained healthcare professionals, such as physiotherapists, occupational therapists, speech therapists and social workers specifically trained and designated to work with people with movement disorders would also be beneficial.

Parkinson Society BC has a number of services, events and programs available across the province that are worth looking into. Of course, local exercise programs specifically geared towards people with Parkinson's (ex. PWR! Moves, Rock Steady Boxing, etc.) can help with disease management as well as provide additional social support.

The Okanagan Movement Disorders Clinic is located at the Kelowna General Hospital on the second floor. The clinic runs on Wednesdays and Fridays. Clinic patients are seen between 8:30am and 4:00pm. To learn more, visit <http://dwneurology.com/clinics/okanagan-movement-disorders-clinic/>.

Holiday Season Survival Guide

Whether you celebrate Christmas, Hanukkah, Winter Solstice or another holiday, December and January can be some of the most stressful months of the year. As a carepartner/caregiver, you are likely taking on the majority of household chores and care activities. This workload multiplies over the holidays, with numerous social obligations, activities, holiday shopping and group meals. To help prepare you for this busy time, we have developed a holiday survival guide, including tips to help you have a safe, fun and restful end-of-year experience as well as gift ideas.

Make a holiday to-do list or calendar

It may seem time consuming, but creating a holiday to-do list and/or social calendar is crucial to helping you organize your time, thoughts and activities. Once you've had the chance to consider your schedule, ask yourself honestly if your current commitments are manageable. If you're feeling overwhelmed, it is worth having conversations about what you could scale back on this year, or asking family and/or friends to assist with some tasks. If you require help with home-related tasks such as cleaning, consider hiring a home cleaning service, even if temporarily over the holidays.

Keep gifts simple and practical

As a carepartner/caregiver, you're probably used to putting others first and this might extend into your gift-giving habits. This year, you might want to re-evaluate who you're giving gifts to as well as the type of gift you're giving. Do you need to give gifts to everyone on your list? Could your gift giving be made simpler?

You may also want to look into online shopping through websites such as Amazon.ca, which often have lower markups than your local store and may even ship to your home for free. Ordering online could save you time, money and the stress of battling large crowds during the holiday season.

Be flexible and forgiving

Parkinson's symptoms change over time, and this can translate to differing demands on your time and attention. Particularly during the holiday season, it is important to lend yourself flexibility and forgiveness. You do not need to do the exact same activities, in the exact same way, year over year. Consider adapting your plans or eliminating some altogether if they become too stressful for you, your loved one or your family. This flexibility can even translate to the language you choose to use. For example, saying "I would like to go enjoy this Christmas concert" rather than "I need to go enjoy this Christmas concert" allows you to soften your expectations of yourself and others.

Eat (healthy), exercise, sleep and repeat

'Tis the season for cold weather, indulgent foods and hectic schedules. While it may be challenging, this is the most important time of year to continue exercising, eat a well-balanced diet and ensure adequate rest. You must care for yourself before you're able to care for others, or you will experience burnout.

When it comes to sleep, this is the time of year when you may need more rest to keep up with your demanding schedule. To help ensure that you can get to sleep easily, it is recommended that you avoid using your phone, laptop and television before bed. Alcohol disrupts sleep cycles, so try to drink in moderation, or allow yourself lots of recovery time the following day. If you must nap, try to limit it to 30 minutes, and avoid naps after 3pm (Elkus, 2017). Even if sleeping more isn't possible, don't underestimate the power of downtime! Taking some time to read, listen to music or do something that requires low amounts of mental and physical energy can also help you recharge.



Steady Mouse. Steady Mouse is a downloadable software that stabilizes the mouse icon for people who have a hand tremor. The current version costs about \$54 CAD. www.steadymouse.com

S'up Spoon. This spoon allows you to tip food into your mouth, rather than pull food off with your mouth. The spoon is dishwasher safe and can be ordered at www.sup-products.com.



Dining with Dysphagia: A Cookbook. This cookbook was developed by New York University graduate students for people with dysphagia (chewing and swallowing difficulties). The e-book is available for free at <https://speech.steinhardt.nyu.edu/dysphagia-cookbook/> and physical copies are sold for about \$20 through Chapters-Indigo.

Walking Stabilizers. Some early research has shown that lasers affixed to canes or walkers may help avoid freezing and improve gait. There are currently some laser canes and walkers on the market that vary in price. For more information, contact our information and referrals department at 1-800-668-3330.

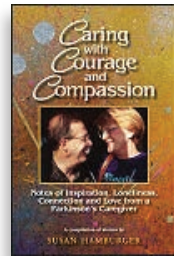
Gifts for Carepartners/Caregivers

The gift of relaxation. Carepartners/caregivers work hard, so any time where they are able to kick-back and relax is appreciated. Consider purchasing a gift card or voucher for a manicure/pedicure, massage, guided meditation or another spa-like treatment. Groupon often offers discounts on local spa and health services, although they may come with restrictions.

A subscription to a favourite magazine or newspaper. Not only are annual subscriptions cheaper than buying magazines and papers in-store, but a subscription is a thoughtful way to

show that you care about your loved one's interests.

Caring with Courage and Compassion: Notes of inspiration, loneliness, connection and love from a Parkinson's Caregiver. In this book by Susan Hamburger, the author details the ups and downs of caregiving, shares her own personal experiences and offers sound advice for those who care



for someone with a debilitating illness or disability. Anyone who offers support and care for another person may be interested in learning from Susan's experiences.

Give While Giving Back

The following gifts are available online, can be shipped Canada-wide and are offered through **Champions for Parkinson's fundraisers.** This means that partial proceeds from each sale will benefit Parkinson Society BC's programs, services, advocacy efforts and research contributions.

Thoughts R Life Apparel. Clothing line consisting of shirts and sweaters developed by Hilary Vanderliek, who has been diagnosed with Young Onset Parkinson's disease. Net proceeds benefit PSBC. www.hilaryvand.com *new website coming soon*

Tea Parky. Premium matcha tea sold online. Thirty-five percent of net proceeds benefit PSBC. www.teaparky.com



Source:

Elkus, Grace. (2017). How to Actually Get Some Sleep During the Holidays. *Real Simple*. Retrieved from <https://www.realsimple.com/health/preventative-health/sleep/sleep-advice-holidays>

Patient Choice Programs

The following article includes information on how to access brand name drugs at a reduced cost. While these programs may be useful to people with Parkinson's, Parkinson Society British Columbia (PSBC) would like to emphasize that, if your current course of medications are effective for you, changing your treatment method may impact your symptoms and side effects. Individuals can respond differently to different brands of the same medication. Be sure to consult with your healthcare team if you are considering pursuing a new course of treatment.

As patents end for brand name medications, generics are often produced and made available to patients. These generics, which are of the same or similar chemical composition as brand name pharmaceuticals, cost less as the companies producing them benefit from the development work done by the brand name company. BC PharmaCare will only provide financial coverage to the level of the lower cost generic.

Although the medication is the same, sometimes the other 'fillers' or coatings are different and some people with Parkinson's find they do not receive the same symptom control. If this is the case for you, some financial assistance may be available as follows.

Across Canada there are a number of patient payment assistance programs offered by pharmaceutical manufacturers that provide savings on brand name prescription medicines. Most of these programs are free, but as they may be challenging to find, a number of organizations now specialize in helping to connect patients with these programs.

RxHelp.ca is an example of such an organization and they offer two programs that may be useful to people with Parkinson's disease.

1. Patient Choice Programs – Allow the patient to remain on their brand name medicine with little or no additional cost over the generic equivalent.

2. Patient Assistance Programs – Help offset or reduce the out-of-pocket patient costs that are not covered by the patient's public or private drug plan. Some or all of the out-of-pocket patient costs will be paid by the manufacturer of the product up to a defined maximum.

To access these programs, you will need an RxHelp card, which you can obtain for free through the website. The Merck MyChoice™ Card, which is a branch of RxHelp cards, is the most useful for patients who would like to take SINEMET® and SINEMET® CR medication. The Merck MyChoice™ Card helps to offset the difference between brand name SINEMET® and SINEMET® CR with the costs of generic versions of levodopa/carbidopa.

For a list of the medications covered by RxHelp, visit <https://www.rxhelp.ca/en/default.aspx>

InnoviCares is another company that offers a free savings card to help Canadians save on select prescription medications, healthcare products and services. With innoviCares, individuals can receive brand name SINEMET®, SINEMET® CR and AZILECT®, as prescribed by their physician. InnoviCares can cover the cost differential between brand SINEMET® and the generic levodopa/carbidopa. It can also cover a portion of your out-of-pocket expenses for brand name AZILECT®. Learn more at www.innovicare.ca/en.

Regardless of the company you choose, you will need to present a valid new prescription or an existing refill prescription at your retail pharmacy. Ask for brand name (no substitutions) and provide the pharmacist with your RxCard or innoviCares card. Each individual will have unique coverage based off of what their personal extended health benefits cover.

Sources

RxHelp.ca. (2017). *About Us*. Retrieved from <https://www.rxhelp.ca/en/default.aspx>
innovoCares. (n.d.) *How it works*. Retrieved from <https://www.innovicare.ca/en>

One Couple's Journey with Parkinson's

Vancouver-area couple Stephen and Melanie Reid have had their share of health-related issues. Melanie is a post-transplant patient with Stage 4 Chronic Kidney Disease (CKD). Stephen was diagnosed with Parkinson's disease (PD) in 2010, at the age of sixty. Leading up to his diagnosis, Stephen felt like something was different and brought the concerns to his doctor. After several months of investigating symptoms, he was finally referred to a specialist who then directed him to a neurologist. The neurologist was certain that Stephen had a form of Parkinsonism, but wasn't sure what kind. Stephen began pursuing treatment with levodopa and responded well. While a PD diagnosis is never easy to deal with, Stephen recalls being relieved to know what he had and that he was responding to treatment. After he had taken the time to process his diagnosis, he decided to live his life by a new motto. He explains, "my motto is that it is easier to maintain function than to recover it."

For Melanie, the biggest change in her life following Stephen's diagnosis was the realization that they would have to make specific plans for the future. She says, "we were spurred to do some paperwork and talk about issues related to health and care with our young adult children. We did our wills, reviewed them with our financial advisor, made Power of Attorney arrangements and [completed] medical care forms. I thought doing these things would be grim, but actually it was reassuring. It helped Stephen, our children and I to sort some things out."

In other ways, their lives have remained the same. The pair volunteer with University of British Columbia's Faculty of Medicine as well as the Vancouver Coastal Health Authority. They participate in as many clinical trials as they are able which allows them to meet others with the condition while doing their part to

help find a cure. Through Parkinson Society British Columbia (PSBC) and other information sources, they have learned about the benefits of exercising and eating well. As a result, they have become increasingly active with their local Seniors' Centre. "We go for daily walks and laugh a lot," explains Melanie.

As a carepartner, Melanie speaks of the benefits of PSBC's educational events. Together, Stephen and Melanie have attended a Communication and Swallow Workshop, support groups and exercise events. From Melanie's perspective, the Communication and Swallow Workshop was particularly useful. "I thought Stephen was mumbling. I would get impatient. Now,

he is doing the exercises as part of his morning routine, and his speech is so much more loud and clear. This made a world of difference in terms of improving our lives as well as boosting his confidence."

Stephen and Melanie feel they have benefitted from the support from the Parkinson's community in both British Columbia and beyond. Their experiences have also drawn them closer as a couple. Stephen says, "PD has made me appreciate how much my wife loves me. If I have to do something differently or more slowly or in some unusual weird fashion, she patiently accommodates me. If I'm having trouble motivating myself to practice or inform or share, she finds a way to make it easier for me, even if it is harder for her. It has definitely been a two-person journey."

Stephen and Melanie are PSBC members who donate to the Society when they are able so others can benefit from the services that they have found to be useful in their Parkinson's journey. To learn more about giving to PSBC, visit www.parkinson.bc.ca/donate.





On behalf of PSBC and the Parkinson's community...

Thank you British Columbia!
We raised \$433,332 and counting!

More than 25 communities across the province participated in Parkinson SuperWalk.

Proceeds from SuperWalk help fund critical programs, services, advocacy efforts and research contributions.

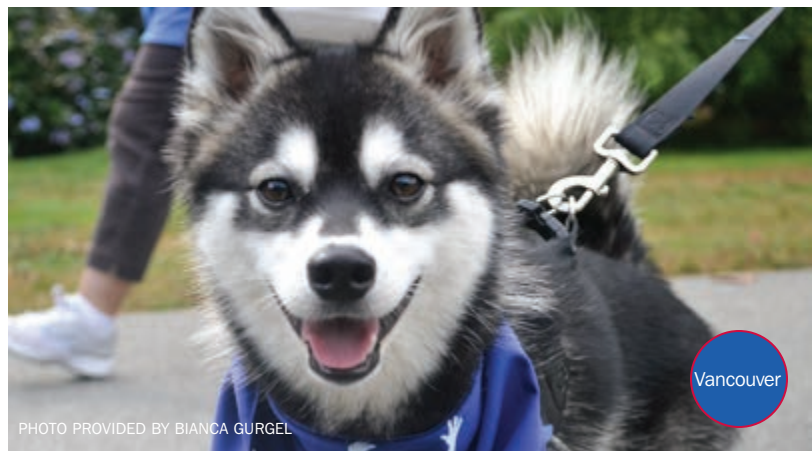


PHOTO PROVIDED BY BIANCA GURGEL

Sincere Thanks

Thank you to everyone for your enthusiastic participation in, and generous donations to, the 27th annual Parkinson SuperWalk. This year, your incredible support has helped to raise over \$433,332 and counting*. These funds will allow the Society to extend its reach, providing advocacy, programming, support services and contributions to research for the 13,000 British Columbians living with Parkinson's disease.

TOTAL RAISED BY COMMUNITY

■ 100 Mile House	\$2,427.45
■ Burnaby	\$5,310.68
■ Chase	\$145.00
■ Chilliwack	\$9,220.00
■ Courtenay/Comox	\$3,475.00
■ Cranbrook	\$8,056.00
■ Elk Valley	\$13,113.00
■ Fort St. James	\$3,270.10
■ Gingolx	\$1,000.00
■ Kamloops	\$28,095.00
■ Kelowna	\$80,158.28**
■ Oliver	\$2,423.75
■ Parksville	\$27,556.85
■ Pitt Meadows/Maple Ridge	\$21,238.00

■ Powell River	\$7,325.00
■ Prince George	\$14,199.85
■ Richmond	\$14,061.95
■ Salmo	\$3,523.00
■ Salmon Arm	\$4,686.00
■ Surrey	\$26,980.00
■ Terrace	\$1,420.00
■ Vancouver	\$81,236.97
■ Vernon	\$14,358.00
■ Victoria	\$13,530.42
■ White Rock	\$40,651.78**
■ Virtual Walkers	\$4,075.00
■ General Donations	\$1,795.00



PHOTO TAKEN BY TEAM ROCK STEADY BOXING NEW WESTMINSTER

Superb SuperStar Walkers (Raised \$5,000-\$14,000)

Janet Stuehmer, May Wong

Kelowna: Wendy Olinger, Shelley Schreyer, Bob Thompson, **Top Individual Fundraiser: Garry Toop \$14,086.32**

Vernon: Colleen Vollan

White Rock: Liz Holroyd, John Manuel

SuperStar Walkers (Raised \$1,000-\$2,499)

Parksville: Deborah McKinley

Burnaby: Linda Dawson, Michael Dawson

Powell River: Hank Cummings

Chilliwack: Denise Rathnam

Surrey: Holly Parrish

Courtenay/Comox: Wayne Benning, Anne Langdon

Vancouver: Valerie Swannell

Cranbrook: Robert Ivison, Annalee Siemens

Victoria: Patricia Wood

Elk Valley: Shelly Hume

SuperStar Supreme Walkers (Raised \$2,500-\$4,999)

Fort St. James: Sara Sam

Elk Valley: Terry Hume

Kamloops: Chad Arden, Rod Hobbs, Ruth Konrad, Ellen McCurrach, Rendy Olthuis, Brianna Senner, Wesley Stephens

Kamloops: Jane Osterloh, Bryan White

Kelowna: William Arkinstall, Peter Baigent, Jean Flintoft, Juergen Kahl, Jonny Lehane, Jennifer Madsen, Michael Nedham, John Evert Thor, Cory Walsh, Annie Wiebe

Kelowna: Ralph Ayers, John Hallam, Deborah Hartley, Verena Morel, Carole Taylor

Parksville: Doug Pickard

Parksville: Raymond Nicklin, Jo-an Peters, Duane Quily, Don Reid, Andy Rickaby

Pitt Meadows/Maple Ridge: Audrey Cerny, Edith Elliott

Vancouver: Elspeth Banerd, Tracey-Lee Eddy, Jill Goertzen, Janet Maybury, Natalie Moser,

Pitt Meadows/Maple Ridge:

Jackson, Pat Jones, Mary London-Fraser, Jane Oldring, Deb Smalley, Hilary Vanderliiek

Prince George: Ronald Corbett, Carol Lamb

Richmond: Joe Denofreo, Don Henderson, Philip Li, John Miller, Joan Nielsen, Jean Nykyforuk, Alan Reynolds

Salmo: Renice Townsend

Surrey: Janet Abe, Kaz Abe, Chris Parrish, Cinesio Rocha, Salli Walker

Vancouver: Richel Amador, Jan Carley, Denny Harling, Diane Janzen, Claire Kennedy, Richard Mayede, Daniel McPhee, Eva Maria Moser, Margaret Mutch, Sally Pollock, Marni Stuehmer

Vernon: Christine More, Judith Nelson, Karen Whittle

Victoria: Olivia Barwin

Virtual Walkers: Andrea Feldman, Donald Stewart, Tina Trasolini

White Rock: Tiffany Baldwin, Lynda Bennett, Shelley

BC Teams (Raised \$1,000+)

100 Mile House: Phil Konrad

Burnaby: Purple Tulips, Team Chunn

Chilliwack: McElhoes, Walk4Pake

Courtenay/Comox: Stir It Up Courtenay Comox

Cranbrook: Grannalee, Team Bob Ivison

Elk Valley: Gloria Matatall, Shaking All Over

Kamloops: Downings, Sandy's SuperWalkers, Shake Rattle & Roll

Kelowna: Friends & Family, Group Therapy,

Top Fundraising Team: Kelowna Good Vibrations – \$14,160, Team Thor, Wiebe family

Parksville: Port Alberni Support Group

Pitt Meadows/Maple Ridge: Are we there yet?, Elliott Walkers, LG's, PD Dopamine

Dancers, Pop's Posse, Team K, Team Whonnock

Prince George: GAT Unit Team, Team Seppo

Richmond: Helge Nielsen, Henderson

Surrey: A&W Cruisers, Rocha Warriors, Rock Steady New West

Vancouver: Air Hole, J Walkers, Posties in the Park, PPRC PowerWalkers, Red Hot Chili Steppers – Vancouver, Remembering Bryan, Richard's Super Family and Friends, Roy's Racers, Sally Pollock, Saskatchewan

Roots, Shady Isle Pirates, Song Birds, Team DITO, Team Janet, Team Val, The Cha Cha Blazers, The Nag and The Tough One, Together for Tenny

Victoria: The Sloth Squad, Woods Walkers

Virtual: Team Tras

White Rock: Rocksteady Surrey, Semiahmoo Athletic Club, Team Barry, Team Elizabeth, Team Hilary, The Stewarts

For individual and team totals, BC prize winners, and more, visit www.parkinson.bc.ca/superwalk.

* We endeavour to provide accurate listings using the information available at the time of publishing. If there is information you are aware of that has been overlooked, please contact us at the office.

** This total includes cash sponsorship from community sponsors in Kelowna (\$2,500) and White Rock (\$500)

PROVINCIAL SPONSOR



REGIONAL SPONSOR



Stay connected to the Parkinson's community!

Renew your membership with Parkinson Society British Columbia and continue to be a part of our friendly, caring and supportive community.

For only \$25, you will receive an annual membership for you and your household valid until December 31, 2018. This year, all new and renewing members will receive the exclusive members-only lapel pin (limit 2 per household).

For more information, visit www.parkinson.bc.ca/membership. You can also contact Susan Atkinson, *Donor and Member Services Coordinator* at satkinson@parkinson.bc.ca or 1-800-668-3330.



Please note that Parkinson Society British Columbia's office will be closed from December 25, 2017–January 1, 2018 (inclusive). We wish you a safe and happy holiday season!

Champions for Parkinson's – Fundraising Events

John Miller Parkinson Charity Invitational Golf Tournament

The first annual John Miller Parkinson Charity Invitational Golf Tournament was held on July 24. The event included an afternoon of golf, dinner and a raffle. The tournament raised a total of \$6,350 in support of PSBC.

CrossFit by Donation

On August 13, CrossFit by Donation in North Vancouver brought people together for a day of family fun, raising over \$500! The event aimed to increase awareness of Parkinson's disease while promoting exercise as an important tool in the management of Parkinson's symptoms.

Fireworks Yacht 50/50 Raffle

On August 2, long-time Parkinson Society BC supporter Grant Sheinin attended a fireworks viewing celebration on a yacht and sold 50/50 raffle tickets in support of Parkinson Society BC. The night was a shining success, raising \$415!



Second Annual Extravaganza Eleganza 50/50 Raffle

Grant Sheinin also celebrated New Westminster pride in style and hosted the 2nd Annual Extravaganza Eleganza on August 19. The Pride Drag Show was complete with dancing and a 50/50 raffle. This event raised \$260!

BeerParky

Friends of Michael Cheung, whose father has Parkinson's disease, enjoyed burgers and beer at the St. Regis Bar & Grill in downtown Vancouver on September 23. BeerParky featured a silent auction, 50/50 raffle and karaoke. The event raised \$4,245 total, with funds split between the Michael J. Fox Foundation, Rock Steady Boxing New Westminster and PSBC.

Donation Box at Never Steady, Never Still

Moviegoers at the Vancouver International Film Festival screenings of Never Steady, Never Still generously donated over \$420 to PSBC.

Programs and Services at a Glance

Parkinson Society British Columbia (PSBC) is pleased to announce our tentative education and support services plan for the upcoming year. More details will be provided on our website as they become available.

Upcoming Events

Ask the Expert Webinar Series

- January 30, 2018: Eleni Kassaris, Lawyer and Partner at our Pro-Bono legal service Blake, Cassels & Graydon LLP, will speak to legal affairs concerning people with Parkinson's.
- February 20, 2018: Jason Barton, Neuro-Ophthalmologist at St. Paul's Hospital, will discuss issues with vision in Parkinson's disease.
- March 27, 2018: Sun Nee Tan, PhD Candidate at the University of British Columbia, will share her research findings on the effects of exercise and music on brain plasticity.

Time Out for Carepartner Workshops

- February – Nanaimo
- Fall – Kelowna
- October – Kootenays

Regional Conferences

- Saturday, March 24, 2018 – Victoria
- Saturday, June 16, 2018 – Kelowna

Allied Team Training for Parkinson's (ATTP), in collaboration with National Parkinson Foundation

- On April 4–6, 2018, PSBC will support this training opportunity for allied healthcare professionals currently working with or who are interested in working with people with Parkinson's disease.

Step by Step

- April 2018: 12 week walking program in communities across the province begins

Annual General Meeting

- Save the Date! Saturday, May 5, 2018

Communication and Swallow Workshops (locations TBD)

- May
- November
- September

More Events

- YOPD 4-Week Webinar Series
- Exercise & creative art workshops (online)
- Webinars for adult children of people with Parkinson's & healthcare professionals

New Resource

- *A Comprehensive Guide for Parkinson's Caregivers* (available soon!) This book has been made possible thanks to support from our title sponsor The Tenaquip Foundation and a grant provided by UCB Canada.

Ongoing

- Information and Referrals
- Support Groups
- Counselling
- In-Service Presentations
- PD Link

For more information on our programs and services, please visit our website at

 www.parkinson.bc.ca/resources-services.

Champions FOR PARKINSON'S

This year, incredible Champions for Parkinson's travelled far and wide. They generously hosted events in their own backyards, hiked Everest and cycled across Europe to support 13,000 British Columbians living with Parkinson's disease.

Champions for Parkinson's are individuals or groups who have organized a fundraising event in their community. These Champions play a key role in generating awareness and critical funds to support Parkinson Society British Columbia's (PSBC) programs, services, advocacy efforts and research contributions.

No idea is too large or too small, and PSBC is well equipped to help make your event a success. We are currently recruiting Champions for 2018 and invite you to join our team!



Walking to Everest



Shifting Gears for PD



Beer Parky

For more information, contact Mirela Dzaferovic at mdzaferovic@parkinson.bc.ca | 1-800-668-3330

 Parkinson Society
British Columbia
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