

# Viewpoints

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Society  
British  
Columbia



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

FALL  
2015

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**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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## 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:

**Membership** – \$25 annual fee

### Monthly or Quarterly 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.

## Self-Help Support Groups

100 Mile House, Abbotsford, Burnaby, Campbell River, Chilliwack, Chinese Speaking (Burnaby), Courtenay/Comox Valley, Courtenay/Comox Caregivers, Cowichan, Cranbrook, Creston, Elk Valley (formerly Sparwood), Fort St. John, Kamloops, Kelowna, Kelowna Caregivers, Ladner, Langley, Lions Bay, Maple Ridge/Pitt Meadows, Maple Ridge Caregivers, Mission, Nanaimo, Nelson, New Diagnosis 1 & 2 (Vancouver), New Westminster, North Shore, North Shore Caregivers, Osoyoos/Oliver, Parksville/Qualicum, Parksville Caregivers, Penticton, Penticton Caregivers, Powell River, Prince George, Quadra Island, Richmond, Shuswap/Salmon Arm, Shuswap/Salmon Arm Caregivers, South Sunshine Coast (Sechelt), Surrey, Terrace, Trail/Castlegar, Tri-Cities, Tri-Cities Caregivers, Tsawwassen, Vancouver Arbutus, Vancouver Caregivers, Vancouver West Side, Vernon, White Rock

# ask an expert

## DR. BECKY FARLEY

### Answers Your Questions on Parkinson Wellness Recovery (PWR!)



**Dr. Becky Farley** received a PhD in Neuroscience from the University of Arizona, a Master of Science in Physical Therapy from the University of North Carolina, and a Bachelor of Physical Therapy from the University of Oklahoma. She is

currently a Physiology Associate at the University of Arizona. Using her 30 years of experience in neurorehabilitation, she founded the non-profit Parkinson Wellness Recovery (PWR!), and acts as its Chief Executive Officer (CEO).

#### **What is Parkinson Wellness Recovery (PWR!)?**

During my postdoc, I studied how muscle activation problems contribute to bradykinesia (the slowness of movement). This led to the development of the LSVT BIG exercise program and a National Institutes of Health (NIH) clinical trial to study its short term benefits. During that time I learned of compelling animal research suggesting that exercise may be disease modifying through mechanisms of “brain change”, such as neuroprotection or neuroplasticity. What was found is that any program that is going to be disease modifying needs to be proactive, ongoing, and integrated with rehabilitation and community. Furthermore, it needs to be challenging, both physically and cognitively, as well as be emotionally rewarding.

In September 2010, I founded Parkinson Wellness Recovery (PWR!). Our vision is that exercise is medicine, and that it should be a physiological tool in

each individual’s fight against Parkinson’s disease – beginning at diagnosis.

#### **What led you to develop PWR!Moves® and how does it differ from the LSVT® BIG exercise program?**

I wanted to go beyond LSVT BIG to make exercise more generalizable, customizable, assessable, and modifiable. The Basic4 | PWR!Moves are flexible PD-specific exercises that allow therapists to establish the program for life practice; to modify the positions and movements for varying levels of disease severity, fitness or conditions; to progress the difficulty and complexity; and to integrate them into a comprehensive rehab program with other research approaches.

#### **What are the Basic4 | PWR!Moves?**

The Basic4 | PWR!Moves form the foundation of the PWR! program. They require high effort, whole body engagement with a distinct focus on four skills shown by research to become impaired in PD and that interfere with “function”. More specifically, they target rigidity, bradykinesia, incoordination and automaticity.

PWR!Moves can be performed in any position as instructed by therapists and fitness professionals in rehab or community settings. Furthermore, they can be combined and progressed into a stand-alone exercise program, and/or integrated into other research-based exercise approaches (dance, tai chi, boxing, agility, pole walking).

**This flexible, yet repetitious approach, allows for each individual to implement lifelong adherence to multiple types of exercise programming, while maintaining a focus on PD-specific skills needed for everyday function!**

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## ASK AN EXPERT

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### **What makes a PWR! Program unique from other exercise programs?**

PWR! is a comprehensive program that implements multiple research techniques adhering to the latest European Physiotherapy Guidelines with a focus on bigger and faster movements.

An exercise program needs to include progressive aerobics (for brain health) and skill acquisition (for brain repair and adaptation). It isn't enough to just exercise without being engaged and challenged physically and cognitively. You need to receive reward-based feedback, and it needs to be fun. PWR! optimizes your performance and ability to learn. It provides education, empowerment and ongoing coaching for life, allowing individuals to rise to their full potential.



### **What is the format of the PWR! continuing education workshops? What can I expect from participating in a PWR! Workshop?**

Our PWR!Therapist and PWR!Instructor workshops train and certify professionals to teach PWR!Moves. Both types of workshops use interactive lectures, demonstrations with group participation and volunteers with PD. Therapists learn to create individualized comprehensive home exercise programs for all levels of disease severity, fitness and conditions. They specialize in education and empowerment to overcome barriers to inactivity and serve as a coach for life! PWR!Instructors also learn how to integrate PWR!Moves into community yoga, dance, sports and personal training sessions.



### **How do I find a trained PWR! Instructor and/or PWR! Therapist?**

You can contact Parkinson Society British Columbia at 1 800 668 3330 or [info@parkinson.bc.ca](mailto:info@parkinson.bc.ca) to connect with an education and support services coordinator who will be able to provide further information. Alternatively, you can visit the PWR! website and click on the "Find a PWR! Professional" button to locate a trained professional in your area.



### **Can I do PWR! Exercises on my own?**

Absolutely! The PWR!Moves are a stand-alone exercise program. However, they need to be progressed or adapted so that you are continuously engaged and challenged. Try a PWR!Moves Group or PWR!Moves Circuit class to get ideas; visit a PWR!Therapist to have a comprehensive personalized program developed; or visit us in Tucson, AZ at the PWR!Gym® for an intensive exercise evaluation and get your own personalized program that you can take back with you to your therapist or fitness professional.



### **When should I begin participating in PWR! exercises?**

Immediately after diagnosis or now. People don't realize they aren't moving well, or that they are reducing their activity levels and dropping out of their favorite activities. The sooner you learn how to practice PWR!Moves the better. You can always be challenged more physically and cognitively during exercise. Every time you have your meds adjusted you should also schedule another visit with your PWR!Therapist!

Remember stress and illness impact the nervous system in someone with a neurodegenerative disease more so than healthy individuals, and can even negate the benefits of exercise! So, take care of yourself, make time for YOU. It will be worth the quality of life benefits in the long term.



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## Upcoming events with Dr. Becky Farley

### Community Talks

<b>Dates &amp; Places:</b>	Tuesday, September 22	Abbotsford	Space still available!
	Friday, September 25	Vancouver	<b>This event is SOLD OUT!</b>
	Monday, September 28	Victoria	Space still available!

Join Dr. Becky Farley at one of these community talks, and learn more about how regular neuroplasticity exercise programming can delay the onset of Parkinson's symptoms and possibly slow the progression of the disease.

Attendees of these community presentations will have the opportunity to learn more about PWR! and why it works, as well as participate in several exercises.

## September Events

### 23 & 24

**This event is SOLD OUT!**

#### PWR!Instructor Training and Certification Workshop

**Dates:** Wednesday, September 23 & Thursday, September 24

**Place:** Fortius Sport & Health  
3713 Kensington Avenue  
Burnaby

### 26 & 27

**This event is SOLD OUT!**

#### PWR!Therapist Workshop

For Physical/Occupational Therapists and Physical/Occupational Therapist Assistants.

**Dates:** Saturday, September 26 & Sunday, September 27

**Place:** G.F. Strong Rehabilitation Centre  
4255 Laurel Street  
Vancouver





## Local Researcher Profile: Dr. Daryl Wile



Wile completed a Bachelor of Science degree at the University of British Columbia followed by a Master of Science degree in Behavioral Neuroscience at McGill University. He then decided to take his interest in neuroscience and apply it in medicine, completing medical school and residency training in Neurology at the University of Calgary.

A particular interest in movement disorders developed during this training, which led to a fellowship in movement disorders at the University of British Columbia, supported by Parkinson Society Canada. During that time Wile and his wife also welcomed three small children into their lives and have rediscovered interests in sandcastles, playgrounds and toy cars!

By the time most people with Parkinson's develop the stiffness, tremors or rigidity commonly associated with the illness, they have likely had more subtle changes underway in the brain for many years. New research aims to understand these subtle changes and how the brain adapts to them.

At the University of British Columbia, Dr. Daryl Wile, a neurologist, spent a year as a clinical movement disorders fellow. He explored the use of Positron Emission Tomography (PET) in patients and healthy volunteers to understand the changes that occur even before people experience symptoms.

Wile scanned the brains of people who carry mutated forms of the gene LRRK2, which is associated with familial forms of Parkinson's disease, both in patients showing signs of disease and those without symptoms. By using radioactive tracers that attach to different proteins in the brain, Wile worked to find what brain chemical systems show changes even before symptoms of Parkinson's appear.

"We were looking for abnormally low activity in certain brain regions where we know these cells live that



### Mapping the Brain to Understand the Early Stages of Parkinson's Disease

#### ■ Research Project

Genetic and Neuroimaging Markers for Parkinson Disease: Correlation with Clinical Phenotype and Outcomes

#### ■ Pilot Project Grant

\$50,000

make these neurotransmitters," Wile said. "Instead, we found that a brain chemical called serotonin has abnormally high activity in people with the gene mutation but no symptoms of Parkinson's."

Wile thinks this unexpected finding might be a sign of how the brain compensates when people are at risk for Parkinson's. People with Parkinson's have similar PET activity whether or not they have this gene mutation, so this kind of adaptation might apply in the larger group of patients with Parkinson's as the disease is just starting.

Changes in serotonin might also explain why some patients are more likely to suffer from depression or cognitive disorders than others, and why these symptoms might show up before tremor, stiffness or slowness.

### ***New Movement Disorders Clinic Opening in Kelowna!***

We are pleased to share that a new clinical program for patients with Parkinson's disease and movement disorders has opened at Kelowna General Hospital as of August 26th. It offers assessment and treatment for patients with Dr. Daryl Wile, a movement disorders neurologist, and a clinic nurse. As this program develops, it will aim to incorporate multidisciplinary care and integrate with research efforts at UBC Okanagan as well as with colleagues in Vancouver and across Canada.

## Exercise is Medicine: Anthea Guelke's Story



*This article is dedicated to the memory of Mrs. Anthea Guelke, whose perseverance in the face of many challenges, a characteristic shared by many of those who live with Parkinson's, was nothing short of amazing. She is dearly missed. ❤️*

Anthea and Conrad Guelke met on a holiday in Spain in the early 1960's. The pair's relationship flourished and after marrying in England in 1965, they immigrated to Vancouver. Anthea worked as an elementary school teacher, later becoming a mother to their three children. In addition to sailing with family, bridge and quilting, she was a conscientious exerciser.

The Guelke's had worked with fitness trainers for some time, and it was indeed one of these trainers who observed that Anthea was experiencing some mobility challenges and urged her to see her doctor. She was then referred to a neurologist who confirmed her Parkinson's diagnosis in 2006. Following her diagnosis, Anthea's family doctor recognized the efficacy of exercise for Parkinson's and wrote a prescription to ensure that it would continue.

According to the Doctors of BC, exercise is the best medicine. In fact, its benefits are so great that they launched a campaign in 2014 providing prescription pads to doctors that allowed them to prescribe physical activity and encourage patients to challenge themselves. In an interview with the Vancouver Sun, Dr. Ron Wilson, member of the Doctors of BC Council on Health Promotion said, "As physicians, we are better placed than anyone else to influence patients. Apart from not smoking, being active is the next best thing patients can do" (Doctors of BC, 2014).

The continuation of frequent exercise for Anthea had a positive impact on her management of the disease. Not only did it form an important part of her daily routine, but it noticeably lifted her spirits. Her personal fitness trainer, Jesse Tupper, was able to customize exercises to her condition which meant that her deterioration as the disease advanced was less obvious.

In speaking with Jesse Tupper, Anthea's trainer for more than 7 years, he has fond memories of working with her. They developed different objectives in three phases that Jesse classified as the "early days", "the gritty time", and "the decline". When he first met Anthea in October 2007, she was concerned that if she didn't lose weight, her Parkinson's was going to progress much faster. Together, they worked on high intensity interval training incorporating running, biking, rowing and skipping – all while cutting out sweets to keep extra calories down. Jesse says, "I almost forgot that she had Parkinson's as she was one of my most hardworking, consistent and rewarding clients to train. She dropped the excess weight within a year and could handle anything I threw at her."

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## RX FOR HEALTH: EXERCISE IS THE BEST MEDICINE

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As her Parkinson's symptoms progressed, Jesse noticed a slight change in Anthea's physical sharpness and timing when she spoke – what he calls her “gritty years”. During this time their efforts were focused on incorporating preventative drills and stretching into her routines to assist with posture and balance.

Knowing that the stakes were higher and the importance of training rose greatly, Anthea increased the intensity of her workouts and commitment. “Exercise significantly impacted Anthea,” says Jesse. “Essentially, the more active she remained, the better she was in the days to follow. If she took a long weekend off or went on a holiday, there would be reconditioning required.”

Jesse and Anthea shared a special bond, and they worked together on her health issues even as her symptoms became more prominent and her health declined. For Conrad, he saw his wife build up her physical resilience through this training, and as a result, she was able to recover more quickly on the occasions when she fell.

When the time came to prepare their taxes, Conrad spoke to his accountant about the cost of exercise therapy and whether or not it was tax deductible. He was advised that as long as it was prescribed by a doctor, it should meet Canada Revenue Agency's (CRA's) requirements. After approving the claim for several years, the CRA came back and rejected the claim on the grounds that kinesiologists were not recognized by the Canada Health Act (unlike physiotherapists, massage therapists, chiropractors, etc.).

When the claim was rejected, Conrad approached Parkinson Society British Columbia for assistance

as the Society had been promoting exercise as a non-medical means of treating Parkinson's symptoms. With the Society's help, law firm Blake, Cassels & Graydon LLP appealed the decision directly with the CRA. The CRA dismissed the claim, so it was then taken to tax court for a judge to make a decision on the case. Several weeks in advance of the court date, Anthea and Conrad's lawyer notified them that the appeal would not be contested by the CRA.

Bryan Hicks, Associate at Blake, Cassels & Graydon LLP says, “I was happy that Blake, Cassels & Graydon LLP was able to assist Mr. Guelke on a pro bono basis and achieve this positive outcome for him. It is unclear whether the CRA will approve these kinds of expenses in the future for others living with

Parkinson's. However, Mr. Guelke's case is a small step in the right direction toward recognizing exercise therapy as a beneficial method of treating Parkinson's that should attract some modest tax relief.”

By avoiding a decision in court, it meant that the CRA forestalled the possibility of a decision which would set a precedent to be cited by other Parkinson's patients claiming exercise therapy as an eligible medical expense. “After the case was closed, we received our tax refund,” said Conrad. “Remarkably, two years later the CRA again disallowed our claim for exercise therapy, but it was reversed after I provided details of our prior appeal.” Interestingly, in the United States, exercise therapy for Parkinson's patients has become an eligible medical expense for income tax deduction purposes following a 2012 court decision.

**Rx for Health**

Date: \_\_\_\_\_  
Dr: \_\_\_\_\_  
Name: \_\_\_\_\_  
I recommend:  
 Walking  Other: \_\_\_\_\_  
\_\_\_\_\_ minutes a day  
\_\_\_\_\_ days per week  
\* Health Canada suggests moderate activity of 30 minutes per day (5 days a week)

**Benefits of daily activity**

- Improve overall physical and mental health
- Maintain a healthy weight
- Reduce the risk of diabetes and other chronic conditions
- Lower cholesterol levels
- Manage stress and anxiety

Signature: \_\_\_\_\_ **doctors of bc**





There is now more evidence than ever showing that exercise helps control symptoms and slows the decline of Parkinson's disease. In a study of nearly 3,000 Parkinson's patients, with results released in June 2015, researchers "found that people who start exercise early get more benefit than those who start late" (National Parkinson Foundation, 2015). Furthermore, recent studies have shown that expert care can reduce the economic burden for those with Parkinson's disease (National Parkinson Foundation, 2012).

At Parkinson Society British Columbia, we believe those living with PD deserve the right to continuing, professional care. Like National Parkinson Foundation, we assert that, "this type of consistent approach to rehabilitative therapy has the potential to offer long-term and lasting benefits" (2012). We encourage those who use exercise as a form of non-medical therapy to obtain a prescription for exercise from their doctor and consider claiming it as a tax deductible

expense for healthcare through the CRA. Collectively, if we challenge the CRA on their position, we can demonstrate the importance of exercise as a form of therapy. Together we can ease the burden.

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Should you have any questions on claiming exercise as a medical expense, please contact Jean Blake, CEO of PSBC or our Information & Referral team at 1 800 668 3330.

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### DO YOU HAVE PARKINSON'S RELATED LEGAL ISSUES?

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](mailto:jblake@parkinson.bc.ca) for more information.**

## Yoga for Parkinson's

Kaitlyn Roland is a yoga instructor based out of Victoria, BC who leads “Yogadopa”, or Parkinson's focused classes. After her grandfather was diagnosed with Parkinson's disease, she made it her goal to improve the daily lives of people affected by neurological disorders.

Her most recent post-doctoral work has focused on categorizing the physical, cognitive and neuropsychiatric symptoms that influence well-being in dementia caregivers. This work aims to support independent living, reduce distress and healthcare utilization, which may have significant public health implications.



### **What is yoga?**

The Sanskrit word “yoga” means to yoke or unite. It is the union of body, mind and spirit. Hatha yoga is the most recognized and practiced form of physical yoga in the Western world. It typically consists of asana (physical posture), pranayama (breathing exercises) and dhyana (meditation) practice.

Yoga is not about what you do, but how you do it. It teaches you to approach movement, thoughts, habits and challenges, both on the yoga mat and in your daily life, with awareness and poise. When practicing yoga, you need to make an ongoing commitment to it as part of your PD management program. It is then that you will experience its full potential to improve many aspects of your life.

### **Why did you choose to teach yoga?**

I began practicing yoga as a way to bring balance into my own life. While working through the demands of various university degree programs, yoga enabled me to focus, work hard and also take time for myself. I began teaching yoga in 2010 to people

with Parkinson's disease in Kelowna, BC because I saw how beneficial it was in bringing mindfulness and balance into my own life.


### **Are there different types of yoga? If so, is one type better for those living with Parkinson's?**

It helps to find a style of practice that works for you. Your yoga practice should make you feel good, as well as challenge you. Being an informed yoga practitioner is important, so is practicing with a well-trained and educated instructor who has some understanding of Parkinson's disease. You can be an informed yoga practitioner by listening to your body, understanding what feels good and what doesn't; it means paying attention to your symptoms and how they show up in your day; also, knowing what triggers increase the intensity of your symptoms and which ones relax you.

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Yoga is not about what you do, but how you do it. It teaches you to approach movement, thoughts, habits and challenges, both on the yoga mat and in your daily life, with awareness and poise.

 **What makes yoga unique from other forms of exercise and how is it beneficial for people with Parkinson's and their care partners?**

**Conscious breathing.** Yoga uses breath as a tool to connect your mind with your body – this brings you into the present moment and allows you to focus on “the task at hand”; whether that is standing on one leg in *tree pose*, or navigating an uneven sidewalk. Breath can help manage stressful situations, such as the onset of dyskinesias, a particularly challenging day meeting the care needs of someone with PD, or the inability to fall asleep at night. Focusing your attention on breathing exercises (like *alternate nostril breathing* or *three-part diaphragmatic breath*) can bring an overall sense of awareness and calm.

**Awareness in movement.** Have you ever watched someone fall and it seems to happen in slow motion? And then when it happens to you, it happens in a flash! Yoga can improve bodily control by focusing on slow, precise and mindful movements; and we can take this practice off our yoga mat! For example, reminding yourself to ground down through all three-points of our feet (ball of baby toe, ball of big toe, heel) while walking through a crowded street; bringing awareness and engagement to the core muscles to keep our body stable and upright when we feel they might fall

backwards; and, mindfully grounding down through our supporting leg and lifting our other knee high enough to step and transfer our weight on-top of the curb, rather than tripping over it. These are examples of how the deliberate, mindful movements practiced in yoga can help movement during daily life.

 **What yoga strategies or tips can you suggest for people having difficulty making time to exercise?**

Make exercise a habit – like you do with brushing your teeth! Carve out some time everyday when you can fit it into your schedule, even if it's only a few minutes. Create a routine and put it in your calendar.

 **How can people find yoga classes that are best suited to their needs?**

Contact Parkinson Society British Columbia to connect with a yoga instructor in your area. The most important thing is to find a yoga teacher your trust and who understands what your needs are.

To find out more about Kaitlyn Roland and learn about when her next classes will be held, please visit [www.yogadopa.com](http://www.yogadopa.com).

## West Coast College of Massage Therapy

613 Columbia Street  
New Westminister, BC

(Near 6th Street, one block from Columbia Skytrain Station)



West Coast College of Massage Therapy holds a special massage clinic for people with Parkinson's, caregivers and support workers.

The clinic is on **Thursdays from 4:00 p.m. to 7:45 p.m.** The cost is \$13 for people with Parkinson's and \$22 for carepartners and support workers.

We have received excellent feedback from those who have attended the clinic. If you are interested, please call the clinic receptionist at **604 520 1830**.

Access is through the back entrance on Clarkson Street and is wheelchair accessible.



## Innovations in Patient Care – The UBC Pharmacists Clinic

When was the last time you got an hour with a health care professional?

If you take medications and have questions or concerns, keep reading.

In 2013, the Faculty of Pharmaceutical Sciences at UBC opened the Pharmacists Clinic – Canada’s first university-based, licensed, pharmacist-led, patient care clinic. The Pharmacists Clinic is not a typical pharmacy. It does not sell products or offer prescription-filling services. It is dedicated to making the clinical expertise of pharmacists available to meet the information and consultation needs of people taking medication. Located at the UBC Vancouver campus, the Pharmacists Clinic is tapped into the latest evidence, research and care models and focused on helping people get optimal drug therapy results.

The Clinic’s pharmacists work in respectful collaboration with you, your physicians and your community-based pharmacist. Services are provided in-person or by telephone at no cost to you. The BC Ministry of Health (PharmaCare) pays the Clinic directly for some services and the Faculty funds the rest.

As a model of how pharmacists will practice in the future, the Pharmacists Clinic is also a teaching site for students and for pharmacists wanting to refresh their skills.

People who may benefit from an appointment at the Pharmacists Clinic are:

- Wanting answers to questions about medications, natural health products and supplements
- Taking multiple medications
- Living with more than 1 health condition
- Not getting the intended results from their medications
- Concerned about adverse reactions, allergies or drug sensitivities
- Recently discharged from hospital

- Having difficulty sorting out and taking their medications at home
- Concerned about advancing age, reduced liver or kidney function, or

### **Parkinson’s and the UBC Pharmacists Clinic**

Mrs. B\* lives in a rural area of B.C. with limited access to specialist care for her Parkinson’s disease. After trying to balance her medications on her own, including to combat dyskinesia which limited her enjoyment of the things she loved to do, she decided to contact the UBC Pharmacists Clinic.

Through telephone appointments with pharmacist and care practitioner Jillian, Mrs. B was able to create a plan for small changes to her levodopa/carbidopa dosing that fit into her daily routine. Although this is a work in progress, her dyskinesia has improved. She now also has a simple schedule for using acetaminophen to relieve muscle aches and pains, and as a result is able to restart a regular exercise routine. Throughout this process, her family doctor and local pharmacist have been kept informed on all recommendations and progress.

\*Mrs. B’s name has been changed in this article to protect her privacy, however, the details of her story have been shared with her permission.

If you would like to book an appointment (either in-person or by telephone) for yourself or a loved one at the Pharmacists Clinic, please call 604 827 2584.

More information on the Pharmacists Clinic and booking an appointment is available at: <http://pharm-sci.ubc.ca/pharmacists-clinic>.





## Giving thanks to our Champions for Parkinson's

### **Mary's Merry Mermaids and the Flying Fish**

Congratulations to Mary's Merry Mermaids and the Flying Fish who raised nearly double their original fundraising goal!

In fantastic weather, Mary's Merry Mermaids and the Flying Fish all completed the 2.1 km "Across the Lake Swim" in Kelowna on July 18. The team was inspired by both Elma who has had a very personal experience with Parkinson's, and Philippa's recent diagnosis with the disease. Together they "took the plunge" to keep fit and show their support for PSBC. Philippa and her grandson Leland crossed the finish line together with the great time of 1 hour and 7 seconds!

Thanks to all those generous people who donated to PSBC and shared in their swimming journey.

If anyone would like to make a contribution to the cause, there is still time and you can do so by visiting: <http://bit.ly/1gsA3Wy>

### **Me-n-Ed's Golf Tournament**

Thank you to WestJet, Scotiabank and Me-n-Ed's Charity Golf Classic participants and volunteers. Your efforts have helped to raise \$28,142 for Parkinson Society British Columbia and the Michael J. Fox Foundation.



### **Team SMASH**

Thank you so much to the Vrlak family and all participants for their ongoing support in the 2015 SMASH tournament. \$10,100 was raised to help support the 12,500 people living with Parkinson's in British Columbia!

### **Razzmatap!**

Tap dance Champions raise over \$2,800 for Parkinson's. Congratulations to the organizers and volunteers of *The Best of Razzmatap!* The evening of dance was SOLD OUT well before their performance on June 27, 2015 at the Norman Rothstein Theatre.

### **Online Charity Auction for PSBC**

Thank you again to one of Parkinson Society British Columbia's biggest supporters, Val Swannell for arranging the fantastic items for our summer auction. Our generous bidders have helped raise \$4,410.



## Thanks to everyone who participated in Parkinson SuperWalk

Parkinson Society British Columbia wishes to extend thanks to all participants, volunteers and donors for 2015's Parkinson SuperWalk.

Did you know? Parkinson SuperWalk website is still open for donations until October 30th! Cheques are welcomed via mail as well.

➔ Visit [www.parkinson.bc.ca/SuperWalk](http://www.parkinson.bc.ca/SuperWalk) for updated community Walk totals and photos.



## October

### 17

#### Regional Conference – Victoria

Join us for this exciting event that brings together leading experts – helping you to live well at every stage. This year's speakers in Victoria include Dr. Martin McKeown, Matthew Sacheli, Joanne Taylor and Kaitlyn Roland.

**Dates:** Saturday, October 17

**Time:** 10:00am – 4:00pm  
(registration begins at 9:30am)

**Place:** Sandman Hotel  
2852 Douglas Street  
Victoria

**Cost:** \$30 Members  
\$40 Non-members

### 19 & 26

#### Voice & Swallow – Langley/Surrey

This two-day event will focus on the voice and swallowing challenges faced by people living with Parkinson's. It will be an interactive and participatory format and all levels of voice and swallow disorder will be included.

*This event has been generously funded in part by The Township of Langley*

**Dates:** Monday, October 19 and  
Monday, October 26

**Time:** 10:00am – 3:00pm  
(registration begins at 9:30 am)

**Place:** Hampton Inn & Suites Langley-Surrey  
19500 Langley Bypass  
Surrey

**Cost:** \$40 Members  
\$50 Non-members





## Announcements

### **Best wishes to Laura Darch as she departs PSBC.**

Laura Darch will not be returning to PSBC following her maternity leave. She has since accepted a new role to be closer to her growing family. We thank Laura for the tremendous work she has done for the Society including playing a key role in the launch of our new website and developing The Parkinson's Movement campaign. We wish Laura the very best. She will be missed!

### **Alicia Wrobel joins the PSBC staff as Manager, Marketing & Communications.**

We are pleased to announce that Alicia Wrobel will now be joining us permanently as the Manager of Marketing & Communications. Her experience includes working with over 20 non-profits in marketing and communications, as well as software development and website design. Alicia had been covering Laura Darch's role whilst she was on maternity leave and is now a valued member of the PSBC team!

## November

# 29

### **Carepartner Connect**

This series is for carepartners of people with Parkinson's only. Offered via webinar, this 6 week series will focus on emotional and practical support, as well as information exchange. Topics include: finding thyself; story of an experienced carepartner; future considerations; advanced health planning; advocacy and proactive aspects of caregiving; reality of placement; and caregiver wellness.

**Dates:** Every Thursday for 6 weeks starting October 29

**SOLD OUT!** Please contact Myriame at [mlepinelyons@parkinson.bc.ca](mailto:mlepinelyons@parkinson.bc.ca) or 1 800 668 3330 to be added to the waitlist

# 14

### **New Diagnosis Seminar**

Are you newly diagnosed and in need of information and support to help you better understand Parkinson's disease? Join us for this event that will feature leading experts in their fields. The day-long seminar will include presentations on medication, anxiety and depression, a yoga exercise component and more!

**Date:** Saturday, November 14

**Place:** Fort Langley Golf Course  
9782 McKinnon Crescent

**Cost:** \$30 Members  
\$40 Non-members

2016

## September

# 20-23

### **World Parkinson Congress**

Save the date for this incredible event that will bring together experts and the Parkinson's community across the globe!

**Dates:** September 20-23, 2016

**Place:** Portland, Oregon, USA

For more information, please visit: <http://www.wpc2016.org/>



**ONLINE CHARITY AUCTION THIS FALL!** Stay tuned to the PSBC website and emails for an announcement on our charity auction coming this fall. Be sure to expect some excellent items up for bid!

# Stay connected to the Parkinson's community!

Get an annual membership for you & your household for only

\$25

It's that time of the year again! Renew your membership with Parkinson Society British Columbia and continue to be 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, 2016.

## Reasons to renew your membership:

- **Get discounts.** In 2015, we doubled the number of educational events offered when compared with the previous year. Next year, we're planning to introduce even *more* events featuring prominent experts on Parkinson's disease. Your membership provides you with great discounts on events that are not to be missed!
- **Stay informed.** Get the latest information on research, medication, caregiving, exercise, wellbeing and nutrition when you receive *Viewpoints*, our quarterly newsletter.
- **Be heard.** Vote at our Annual General Meeting and add your voice to the community to garner support from donors, sponsors and politicians.
- **Gain support.** Link to our provincial network of more than 50 support groups and/or speak with our knowledgeable and compassionate staff.

## RENEW TODAY!

▶ Visit [www.parkinson.bc.ca](http://www.parkinson.bc.ca) or return the insert inside this issue of *Viewpoints*.

Questions? Call or email Susan Atkinson, Donor and Member Services Coordinator  
604 662 3240 | 1 800 668 3330 | [satkinson@parkinson.bc.ca](mailto:satkinson@parkinson.bc.ca)

 Parkinson Society British Columbia  
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