

# Viewpoints

Parkinson  
Society  
British  
Columbia



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

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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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**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**

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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

**Self-Help Support Groups**

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**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.

## Can “caffeitine” treat Parkinson’s?

University of Saskatchewan professor Jeremy Lee is a Parkinson Society Canada National Research Program award winner for his study of the misfolding of the alpha-synuclein protein. He has found a “promising lead” to a drug that could prevent the progression of Parkinson’s—the combination of caffeine and nicotine. But it’s not as simple as just drowning yourself in coffee and smoking a pack a day. Here’s why:

### ***Which protein are we looking at?***

It’s called alpha-synuclein. When it misfolds in brain cells, additional chunks of the protein are formed, which interfere with the cell’s function and eventually kill it. This causes the shakiness, loss of motor control and slow movement associated with Parkinson’s. There are different factors that cause this problem, from genetic predisposition to exposure to pesticides.

One of Lee’s previous studies has shown crack users are also at higher risk.

### ***How do nicotine and caffeine fit into all this?***

“We were intrigued by our results with methamphetamines because that gave us a direct link between misfolding and a drug which binds to alpha-synuclein,” Lee said. So they looked through scientific literature for other ideas, and found coffee drinkers and cigarette smokers have shown decreased incidence of Parkinson’s. Lee and his team decided to find out if those drugs were binding to alpha-synuclein.



### ***How does he measure this?***

Lee used a technique called nanopore analysis—essentially a microscopic, electric strainer that can determine the structure of individual proteins. He then added a drug and observed what it did. The work was funded by Parkinson Society Saskatchewan.

### ***What did he find?***

Nicotine and caffeine do bind to the protein, just like methamphetamines. But instead of corrupting the cell, they protect it and help prevent it from misfolding. It’s a “small but distinctive change,” Lee said.

### ***What’s the catch?***

The effects on the protein depend on the amount of nicotine and caffeine used, Lee said. And the drugs have serious side effects—large doses of caffeine can cause heart arrhythmia, and nicotine is extremely toxic. So the two chemicals “are not in themselves particularly useful,” Lee said. “Because of the amounts you would need, they would become too toxic.”

### ***So—back to the drawing board?***

Not so fast. This summer, Lee will work with Ed Krol in the Department of Pharmacy to develop and test “caffeitine,” a hybrid drug that would bind to the proteins more tightly and be less toxic. Since caffeine and nicotine bind to different places on the alpha-

*continued on page 5...*

## Considering ‘Alternatives’: Complementary/Alternative Medication and/or Treatments (CAMT)

BY ROBERT TERSTEEGE, CERTIFIED INFORMATION AND REFERRAL SPECIALIST

I would be lying to say that I have never tried a complementary/alternative medication and/or treatment (CAMT). I've tried simple things like home remedies for the common cold and homeopathic treatments for cold sores. I regularly use non-intrusive complementary treatment for pain management, alongside my prescribed regimen of pills. My GP is very aware: he is open to CAMT and willing to share what he does and doesn't know about a product or treatment.



At the same time, I am a ‘doubting Thomas’, and will not just randomly try any CAMT because it was recommended by a friend of a friend.

Sadly, for every disease known to humankind, someone is willing to sell a ‘miracle cure’. Because of charlatans over the years, the process of careful scientific research has been created so that ultimately, the same results should be demonstrated each time.

When we speak of any treatment for Parkinson's—whether it is conventional Western medicine, or any CAMT—we are careful to base our answers on research that has been published in independently peer-

reviewed journals. We neither recommend nor endorse any product or treatment, but provide the information we have, so people can make an informed decision on their own health. We know that the best answers we can hope to give will come from research using the gold-standard of a double-blind study: meaning neither the patient nor the research-

er knows whether they are getting the new treatment or a placebo.

Often, I hear people complain about “Big Pharma” making money off of sick people, and that natural is better. There are people in drug development that may be in it for the money, but there are also people providing CAMT who are in it for the money as well. ‘Natural’ does not automatically equal ‘safe’: grapefruit juice is all-natural, but, if taken with certain medications, it will increase the absorption rate, and potentially kill you.

We need to keep in mind that unlike a pill that is consistently 100 mg, CAMT is not regulated by drug legislation, so pills may not be consistent. Similarly, when taking food, e.g., beans or oils, it is extremely difficult to say that there is exactly the same amount of treating component in each dosage.

So where does CAMT fall in a discussion with Parkinson's? Some CAMT have undergone double-blinded studies, and some are currently being researched. Some have been proven not to work, and on some the jury is still out.

Let's take a step backward, and see what we do know. Parkinson's disease was first formally written about in 1817, though there are ancient writings that describe the condition as well. It is a condition that exists worldwide. Levodopa first became available in the late 1960s/early 1970s. It essentially replaces the missing naturally produced dopamine. That's about a 150-year window of opportunity to come up with something else.

Short of a cure, and short of halting the loss of dopamine producing cells, replacing the missing chem-

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ical with a chemical substitute is still the best treatment currently available worldwide.

Even in countries whose traditional medicines include plants that contain certain levels of natural dopamine, levodopa is still the recommended medication: it is standardized dose to dose.

Some CAMT are based on half-truths and misunderstanding. Certain antioxidants have been touted as ‘cures’, and people have demonstrated certain levels of improvement, but not in double-blinded studies. Where the improvement seemed to be coming from was people not only taking supplements, but making a lifestyle change of eating healthier, and exercising—things that we have been maintaining as important as part of overall health! Looking at this from a different angle, we know that there is a lower rate of PD among smokers compared to non-smokers... but we don’t promote smoking, because that comes with its own health issues!



In the absence of proof one way or the other, we consider:

- If the product/treatment makes you feel better;
- If the product/treatment does not interfere with your prescribed medications;
- If the product/treatment does not cost you an arm and a leg, then why not?

You still need to let your doctor(s) and specialists know what you are taking. If it is working, this is the way to get it to the attention of researchers, thus helping other patients. Also, there are certain compounds that may interfere with your normal medications, e.g., iron in a multivitamin may have the same effect as protein in blocking absorption.

Regardless of what therapy options you choose to explore, make an informed decision, and keep your doctor in the loop.

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## CAN “CAFFEITINE” TREAT PARKINSON’S?

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synuclein, less of each can be used. “You would essentially get an exponential effect,” Lee said.

### **What’s the next step?**

“I’m pretty excited, this looks like a promising lead,” Lee said. But there are still many things that can go wrong, and there’s no guarantee caffeitine will actually be useful, even if it does bind. If successful, however, the drug could halt the progression of Parkinson’s; this would then be even more useful when combined with tests, currently in development, that

detect the disease very early on. “People who were at risk for developing the disease could start taking these drugs,” Lee said.

***Dr. Ed Krol, Associate Professor of Pharmacy in the College of Pharmacy and Nutrition, is a collaborator on this research project with Dr. Jeremy Lee.***

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Source: Article adapted from the University of Saskatoon website ([www.usask.ca](http://www.usask.ca)).

## New peer-to-peer education outreach improves clinical care for Canadians with Parkinson's

Parkinson Society Canada (PSC) is partnering with Parkinson's experts across the country to deliver continuing education sessions for health care professionals. The new content will be delivered by webinar and at various conferences targeted to neuroscience and allied health professionals. In each session, participants will learn how to apply recommendations from the Canadian Guidelines on Parkinson's Disease (CGPD) to their clinical practice setting, directly from a Parkinson's expert in their field.

The CGPD provides health care professionals with a detailed understanding of Parkinson's. The Guidelines are intended for a broad range of health professionals including: family physicians, neurologists, nurses, movement disorders specialists, allied health professionals (e.g. occupational therapists, physiotherapists, speech language pathologists) and other specialists.

The guidelines, published for the first time in 2012, can be viewed at [www.parkinson.bc.ca/Clinical-Guidelines-for-PD](http://www.parkinson.bc.ca/Clinical-Guidelines-for-PD).

*"It's important that we educate clinicians to screen for, identify and treat Parkinson's motor and non-motor symptoms as the disease progresses,"* says Dr. Anne-Louise Lafontaine, Director, Movement Disorders Clinic, The Neuro, Montreal, and CGPD author.



Dr. Lafontaine adds that by the time Parkinson's progresses to the point where a clinical diagnosis can be made, patients may also be experiencing non-motor symptoms including anxiety or depression, sleep disturbances and constipation. Lafontaine hopes that educating others will lead to earlier diagnosis, allowing for more therapeutic options for Parkinson's patients.

*"We are reaching a wide range of health professionals from physiotherapists to family doctors. Feedback to the sessions has been positive,"* explains Grace Ferrari, National Manager, Professional & Public Education, PSC. *"The goal is to unite professionals with their peers in targeted sessions that will result in improved comprehensive patient care."*

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### Upcoming Webinar Session



Dr. Jon Stoessl

**Please share this program information with your doctor or other health professionals and encourage their attendance if they are not already familiar with the Guidelines.**

Registration is now open for the June 23, 2014 webinar. Visit [www.parkinsonclinicalguidelines.ca](http://www.parkinsonclinicalguidelines.ca) to register.

Topic: Interpreting the Canadian Guidelines on Parkinson's Disease: Current and Emerging Research

Date: Monday June 23, 2014

Time: 4:00—5:00 pm (Pacific Time)

Presenter: Dr. Jon Stoessl, CM, MD, FRCPC, FAAN



## Webinar Archives

**View archived webinars by registering at [www.parkinsonclinicalguidelines.ca](http://www.parkinsonclinicalguidelines.ca).**

**Topic:** Interdisciplinary Approach to Parkinson's Disease

**Presenter:** Dr. Galit Kleiner-Fisman, MD, FRCPC

**Topic:** Changing the Landscape in Parkinson's Disease: Key Challenges in Disease Management

**Presenter:** Dr. Anne-Louise Lafontaine, MD, MSc, FRCPC

**Topic:** Key Recommendations of the Canadian Guidelines on Parkinson's Disease

**Presenter:** Dr. David Grimes, MD FRCPC

*The four-part webinar series is made possible through an unrestricted education grant provided by UCB Canada.*

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

*Blakes*  
LAWYERS

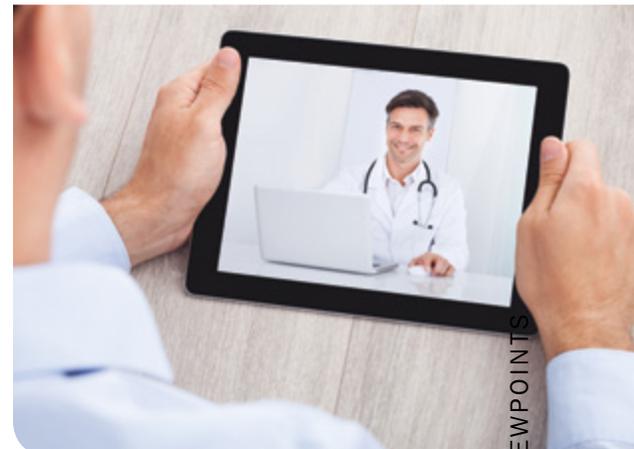
Through a partnership with PSBC, the law firm of **Blake, Cassels & Graydon LLP** offers free of charge legal services to people with Parkinson's in British Columbia.

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.***

PSC continues to expand its education outreach through relationships with national professional organizations. PSC will introduce the CGPD to pharmacists at the Canadian Pharmacists Conference in Saskatoon as well as endorse the *Parkinson's Disease Guidelines for Pharmacists* article that will be published in the Canadian Pharmacist Journal.

By providing information targeted to each professional discipline, health care providers can better manage the progressive symptoms that accompany Parkinson's. This is particularly beneficial when treatment in a multidisciplinary setting, such as a Movement Disorders clinic, is not easily accessible.



VIEWPOINTS



## Caregiver tips for travelling

Travel can be one of the most rewarding experiences in our lifetime, whether the goal is to see the world or visit friends and family. However, when we travel with a loved one with Parkinson's, we may be faced with challenges we don't anticipate—issues that simply aren't there when travelling on our own. Medication and mobility can make a vacation more complex, regardless of whether you're travelling by plane, cruise ship, or your family car.

No need to worry—all you need is a little extra preparation! Plan ahead, so that you and your family will be able to enjoy a hassle-free trip that's memorable for the right reasons.

### **1** Consult with a doctor for travel approval and recommendations.

The all-important first step is making sure your loved one is cleared for travel by his or her primary

care doctor. Make sure the chosen destination is appropriate and ask the doctor for specific travel tips as well as any necessary vaccinations or extra medications.

### **2** Arrange special services ahead of time.

If your loved one needs a wheelchair at the airport, advance boarding of the airplane or train, or special seating in a disabled row or near a restroom, get in touch with the airline personnel or travel company to make sure these are available upon arrival. Remember the security checkpoints, too: be aware of any surgical implants that might set off metal detectors, and wear easy-to-remove shoes. Contact hotels to check on things like shower bars and accessible rooms.

### **3** Research medical facilities at your destination.

Especially if you're travelling to an unfamiliar area, make sure you know where the nearest hospitals are, in case of emergency. Bring contact details for your own doctors, too, and any necessary insurance information.

### **4** Prepare all necessary documentation and identification.

First, make sure travel documentation is in order: passports, if needed, as well as driver's license, travel tickets and itineraries—and make multiple copies. You'll also want to pack medical documentation: insurance card (if travelling outside of Canada), medication card as well as any prescriptions or physician's statements.

### **5** Pack essential items in a bag that's easily accessible.

Make sure you have essentials close at hand: an ample supply of necessary medication, important

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documents and phone numbers, favorite snacks or drinks, a deck of cards or other entertainment, a light sweater, a hat, sunscreen, a travel pillow. These should be kept in a carry-on bag, or a tote that's readily available.

## 6 Pack as lightly as possible.

This is particularly important when travelling with someone who needs special care and assistance. Less in your hands will help give you more attention to focus on your loved one.

## 7 When possible, maintain a predictable daily routine.

Maintaining a routine or a predictable schedule is important for reducing stress and anxiety. Keeping

mealtimes, medication schedules, and rest times as consistent as possible—and planning flights and car trips accordingly—will lower the risk of having an “off” period at a critical point.

## 8 Plan for breaks and downtime in the schedule.

There's nothing less relaxing during a vacation than having to rush from place to place, and quiet time is even more important when you're a caregiver to someone with Parkinson's. Plan to arrive for flights earlier than you normally would, to make sure your loved one has plenty of time to get settled. On road trips, plan to take plenty of breaks, whether it's taking the time for a full meal or simply a short restroom break.

## 9 Plan a schedule that accommodates your loved one's needs.

Travel when your loved one is most likely to do well, and both you and your family will get much more out of the experience.

For a detailed travel guide, check out the Parkinson's and Travelling help sheet on our website: [www.parkinson.bc.ca/Information-Resources](http://www.parkinson.bc.ca/Information-Resources).

*Source: Article adapted from the blog A Place for Mom (www.aplaceformom.com).*

## West Coast College of Massage Therapy

613 Columbia Street  
New Westminister, BC

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



For the third year in a row, the College is holding a special massage clinic for people with Parkinson's, caregivers and support workers.

The clinic is on **Thursdays from 4:15 p.m. to 8:00 p.m.** The cost is \$12 for people with Parkinson's and \$20 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.



## A celebration of movement

During April Awareness Month, we challenged the Parkinson's community to make an exercise commitment *and* raise funds for exercise programs designed specifically for people with Parkinson's. The response was amazing!

You danced, cycled, walked, skated, practiced yoga and Tai Chi, went to the gym, swam and chased grandchildren.

**And... you raised \$54,734 to help us develop and provide exercise programs!**

We were overwhelmed by your energy, dedication and generosity—thank you to all of those who participated and supported The Parkinson's Movement. We hope everyone in the Parkinson's community continues their commitment to exercise and live well. Now, we celebrate you!



### Val Swannell Top Fundraiser

Val, a PSBC Board member, was diagnosed with Parkinson's four years ago. She gained exercise inspiration when she attended the World Parkinson

Congress in Montreal. "I realized that the only thing I can do, that is within my control to manage the many issues I'm experiencing with the disease, is to exercise," says Val. "I'm exercising as if it can save my life—I'm prepared to fight for control of my own physical health."

As part of The Parkinson's Movement, Val made a commitment to cycle an average of 100km/week during April and raise \$10,000. She was successful on both ac-

counts and even surpassed her fundraising goal! She's also registered for the Penticton Gran Fondo in July. Way to go Val!

### Team Peggy

Many participants exceeded their fundraising goal, but Team Peggy really outdid themselves. Not only did they complete 90 hours of exercise among three team members, but they raised \$3,315—al-



most \$1000 above their goal! All in honour of Peggy, diagnosed with Parkinson's 12 years ago.

Armed with a supportive family, a wonderful sense of humour and a healthy outlook, Peggy is a moving example of living well with Parkinson's!

### John Patterson

John was diagnosed with Parkinson's almost a year ago, but hasn't let the disease slow him down. Says John, "I've been cycling for years, and though I sometimes struggle to walk, I can consistently get on my



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bike and feel stable. I still keep up with the guys in my cycling club!”

During the month of April, he committed to cycle the country roads of the Lower Mainland for a total 650 km. He completed his goal *and* raised \$2,515! We’ve only known John a short time, but we’ve already learned a great deal from him: stay positive and keep moving. Thank you for sharing your commitment to living well!



### **Kelly Jablonski and the Just Giver 4PD Cycling Club**

Kelly and the Just Giver 4PD team have been outstanding supporters of the Society for many years. Kelly was a champion for The Parkinson’s Movement from the very beginning. He rallied

his cycling club to get involved in the campaign and helped PSBC organize a successful cycle-a-thon event to launch Parkinson’s Awareness Month.

What is truly impressive about Kelly’s commitment? During the month of April, he cycled 1,200km and on May 19th, Kelly and members of Just Giver 4PD, completed the “4 Peaks of Vancouver”. They cycled up SFU, Seymour, Grouse and Cypress Mountain all in the same day! We are grateful for your incredible determination, impressive perseverance and outstanding dedication to Parkinson’s.

### **Todd Wallace**

Todd was diagnosed with Young Onset Parkinson’s in the fall of 2013. It was an emotional time, but with strong community support, he came out of the darkness with a determined spirit. Since his diagnosis,

Todd has joined the Trail support group, participated in The Parkinson’s Movement, held an “Undeclared” movie night fundraiser and he’s been featured in numerous local newspapers and on radio stations in the Trail/Castlegar area.

“My physiotherapist recommended exercise, so I started Nordic pole walking and doing yoga, an activity I had never experienced,” says Todd. “I also went snow shoeing. My attitude really changed in a positive way after increasing my exercise activities.” From March 16th to April 24th, Todd jogged and walked for at least 5 km a day *and* he raised \$2,386! You continue to inspire us—thank you!



### **Isabelle Forrer**

Isabelle joined The Parkinson’s Movement in honour of her mother. “I’ve noticed a significant decrease in her physical and mental abilities since leaving my home to live in an advanced care home,” says Isabelle. “I believe a big part of this is due to her not getting the opportunity to exercise very often. We used to go for short walks or I would bring her with me on errands to the store, the library, and the coffee shop. While we still try to get her out and about, we are now limited by the weather and the hours we visit her in her new home.”

In April, Isabelle exercised one hour per day *and* raised almost double her original fundraising goal! Your commitment was a courageous act of kindness—thank you for sharing your story and thank you for helping PSBC raise funds for exercise programs.



## Special thank you to our sponsors:

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## 2013 Annual General Meeting



Jean Blake, CEO

At the Annual General Meeting on March 29, 2014, Colin MacBeath, Chair of the Board of Directors, highlighted PSBC's accomplishments in 2013.

Mona Kragh presented the Treasurer's report and noted that the Society is in a healthy position financially despite a deficit in 2013.

Dr. Ron Postuma, Neurologist at McGill University was the guest speaker. He delivered a presentation titled, *Understanding and Coping with Non-Motor Symptoms of Parkinson's Disease*.

The following are the Board of Directors elected Officers and Directors for 2013/2014:

### Executive Committee Officers

Colin MacBeath	Chair
Alexandra Rice	Vice-Chair
Andrew Davenport	Vice-Chair
Bob Thompson	Secretary
Mona Kragh	Treasurer
Tony Pugh	Member at Large
Val Swannell	Member at Large

### Directors

Pat Gallaher	Heather Sanii
Ariane Grill	Jennifer Spencer
Tim O'Connor	Joe Vukelic
Cec Primeau	Sherri Zelazny
Dave Rickards	

For a copy of the 2013 Annual Report and Financial Statements, please contact Susan Atkinson at [satkinson@parkinson.bc.ca](mailto:satkinson@parkinson.bc.ca) or view online at [www.parkinson.bc.ca/publications](http://www.parkinson.bc.ca/publications)

## 2014 CALENDAR OF EVENTS

### June

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**Me-n-Ed's**  
PIZZA PARLORS

#### Me-n-Ed's 7th Annual Charity Golf Tournament

Location: Riverway Golf Course  
9001 Bill Fox Way  
Burnaby

Registration: 11:30am  
Shotgun Start: 1pm

\$200 per person, includes golf cart, lunch, dinner, tee gift, auction and more!

This event is SOLD OUT!

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#### Living with Parkinson's— We'll Shake It Off

Support Mike Gretzinger, who has Parkinson's disease, as he cycles solo from Comox, BC to Calgary, AB. Mike will be camping along the way and will produce a video documentary of his journey to raise awareness for Parkinson's. Visit [www.parkinson.bc.ca](http://www.parkinson.bc.ca) events calendar to donate.

### July

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#### 14th Annual Show & Shine for Parkinson's

Location: A&W Newton  
7330 King George Blvd  
Surrey

Time: 10am—3pm

Great family fun! A \$20 registration fee enters you in a draw for driver prizes, awards, t-shirt and goodie bags. Call 604 307 4565 or email [awcarshow@shaw.ca](mailto:awcarshow@shaw.ca) for more information.

## Retirement Announcement

**Robbin Jeffereys**, Director, Education and Support Programs, is retiring at the end of August.

Robbin has worked for the Society since 2006, beginning as the Information and Referral Coordinator, then as the Information and Programs Manager and then as the Director, Education and Support Programs.

Her knowledge of Parkinson's and the Society is comprehensive and she has been a valued asset to people living with the disease. She has demonstrated excellent leadership and project management skills. For example, in the past year, she coordinated the writing and production of six legal help sheets working closely with four lawyers, and also undertook the complete revision of the booklet, *Parkinson's Disease. Understanding and*



*Moving Forward*, liaising with the Pacific Parkinson's Research Centre.

Robbin's work in program development has improved our services to people impacted by Parkinson's as well as helped to increase the Society's profile in the community. You will be missed, Robbin!

August

Coming

23 & 30

### Voice and Swallow Two Day Clinic

This two-day event will focus on the voice and swallowing challenges faced by people living with Parkinson's. Approximately 1/3 of the presentation will be education with the remaining 2/3 dedicated to practice and application. This is an interactive and participatory format and all levels of voice and swallow disorder are included.

Presenter: Sherri Zelazny, Registered Speech Language Pathologist, Certified LSVT Practitioner  
Member, PSBC Board of Directors

Dates: Wednesday, July 23, 2014 10am—4pm  
Wednesday, July 30, 2014 10am—4pm

Cost: \$40 members / \$50 non-members both days

Registration: Open June 1 to July 15, 2014

Contact Robbin Jeffereys for registration at:  
604 662 3240 | 1 800 668 3330 | rjeffereys@parkinson.bc.ca  
Pre-registration and pre-payment is required.

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### Kilimanjaro Climb for Parkinson's

Support brothers Ashif, Arzu and Afzal who will climb Mount Kilimanjaro in honour of their brother, Adil, who has Parkinson's disease. Visit [www.parkinson.bc.ca/events](http://www.parkinson.bc.ca/events) calendar to donate to their climb.

TBD

### Young Onset Conference

Coming September 2014—check our website for details!

WEDNESDAY

SATURDAY

VIEWPOINTS

## Proud Moments

A round of applause for the following Champions for Parkinson's who organized events to raise funds and awareness for Parkinson's disease. Thank you to all the organizers and supporters!

**Susan Allan**—Art Sale at Haney Farmer's Market—\$600

**Ryan Barnes**—Rainbow loom bracelet sales in honour of grandfather Steve Barnes—\$440

**Teri Denis**—Casual jeans day at KPMG in Kamloops—\$575

**Cecilia and Abby Hakim**—Dinner party fundraiser—\$450

**Judi Spencer**—Concert and Mighty Maestro sessions in Powell River—\$700

**Janet Stuehmer**—James Bond brunch: Shaken not Stirred—\$2,760

**Todd Wallace**—"Undefeated" movie night in Salmo—\$633



Left: Susan Allan and friends. Bottom: L to R—Steve, Ryan and Laura (Marketing & Communications Manager)



VIEWPOINTS

## SUPPORT

### New Caregiver Support Group

We are pleased to announce the opening of a new **Penticton Caregiver Support Group** in the fall! Here are the details:

3rd Thursday of each month  
10am to noon  
Bethel Church  
945 Main Street, Penticton, BC

For more information please contact' Stacey Dawes at 1 800 668 3330 or [sdawes@parkinson.bc.ca](mailto:sdawes@parkinson.bc.ca).

Start date is Thursday, September 18.

## RESOURCES

New Resources Available at PSBC Library

### Dance for PD at Home, Volume 2

This new volume continues with a brand new set of seated dances that "sparkle with energy and imagination". We have purchased two copies for our lending library. If you are a member of Parkinson Society British Columbia, you may borrow the DVD for one month. Please contact Courtney Hanna at [channa@parkinson.bc.ca](mailto:channa@parkinson.bc.ca) / 604 662 3240 / 1 800 668 3330 for more information.

### Non-Motor Symptoms of Parkinson's Disease, Physician Guide

In addition to the *Non-Motor Symptoms of Parkinson's Disease* booklet written for people with Parkinson's and their families, we now have a supply of the *Physician Guide*. The guide can be viewed online at [www.parkinson.bc.ca](http://www.parkinson.bc.ca). If you would like a copy to take to your doctor's office please contact Courtney, as above.

NOTE: the Physician Guide is written for doctors. It contains in-depth information about non-motor symptoms, including how to treat them. If you read it, please remember that nobody experiences all of these symptoms. And not everyone experiences symptoms to the extent described in the booklet.

**Read with caution and remember: everyone is different!**



This September, we're walking in 21 communities across the province to raise \$450,000 for Parkinson's. Join us!



**You are the everyday heroes of Parkinson's disease. You have the power to build extraordinary hope.**

It takes a community to fight Parkinson's! Gather your family members, friends and colleagues and form a fundraising team. Together, we can support critical research and provide essential programs to help the 11,000 individuals living with Parkinson's in BC.

Parkinson SuperWalk is the single-most important awareness and fundraising event for Parkinson Society British Columbia and the nine Regional Partners of the Parkinson Society Federation.

**REGISTER NOW FOR A PARKINSON SUPERWALK NEAR YOU!**  
[www.parkinson.bc.ca](http://www.parkinson.bc.ca)

**REGISTER NOW FOR A PARKINSON SUPERWALK NEAR YOU!**

**SUPERWALK LOCATIONS IN BC**

**Saturday, September 6**

- CAMPBELL RIVER—Willow Point Hall
- CRANBROOK—College of the Rockies / Track
- INVERMERE—Pothole Park
- KAMLOOPS—Riverside Park/Rotary Bandshell
- PARKSVILLE—Parksville Community Park
- PITT MEADOWS / MAPLE RIDGE—Spirit Square, Pitt Meadows
- PRINCE GEORGE—Fort George Park by Picnic Shelter
- RICHMOND—Minoru Park / Long Jump Track
- VERNON—Polson Park

**Sunday, September 7**

- CHASE—Location TBA
- FRASER VALLEY—The Fort Pub (Fort Langley)
- KELOWNA—Waterfront Park / Concession Plaza
- NELSON—Rotary Lakeside Park
- OLIVER—Oliver Community Centre
- SURREY—Bear Creek Park / Bear Creek Pavilion
- VANCOUVER—Stanley Park / Ceperley Playground

**Monday, September 8**

- BURNABY—Confederation Park / Track

**Tuesday, September 9**

- CHILLIWACK—Location TBA

**Friday, September 12**

- QUADRA ISLAND—Rebecca Spit Provincial Park

**Saturday, September 13**

- ELK VALLEY—Senior Drop In Centre, Sparwood
- SALMON ARM—McGuire Lake Park

**September TBA**

- DUNCAN—Location TBA

**BC INCENTIVE PRIZE**

Raise \$1,000+ as an individual and you will be entered in a draw to win a two-night getaway in a suite at the Magnolia Hotel and Spa in beautiful Victoria, BC.

\*Contest restrictions apply. Visit [www.parkinson.bc.ca](http://www.parkinson.bc.ca) for contest details.

To have a pledge form mailed to you, or for more information about SuperWalk, contact Betty Hum 604 662 3240 | 1 800 668 3330 [bhum@parkinson.bc.ca](mailto:bhum@parkinson.bc.ca)

SPONSOR



# Champions FOR PARKINSON'S

Parkinson Society British Columbia

Do you want to help fund research, grow support networks and improve quality of life for those living with Parkinson's?

Become a **Champion for Parkinson's** and plan your own community fundraising event!

*Clean out your closet  
Empty the garage  
Grab your lawn chairs  
Fill up the propane tank*

Summer is the perfect time of year to organize a yard sale or host a BBQ in honour of a loved one with Parkinson's!

From bake sales, birthday parties and beer tastings to tennis tournaments and car shows, no event is too big or too small. Take the lead, get creative, build awareness, raise funds and don't forget to have fun!



*Clean out your closet and empty the garage!*

We are here to help you plan a successful event. We provide:

- Friendly Support
- Website & Social Media Promotion
- Event Kits

Your actions have an impact – start planning your event today! Visit [www.parkinson.bc.ca/Events](http://www.parkinson.bc.ca/Events)

For more information, contact Betty Hum: [bhum@parkinson.bc.ca](mailto:bhum@parkinson.bc.ca) | 604 662 3240 | 1 800 668 3330

 Parkinson Society British Columbia  
Société Parkinson Colombie-Britannique

600-890 West Pender Street, Vancouver, BC V6C 1J9

