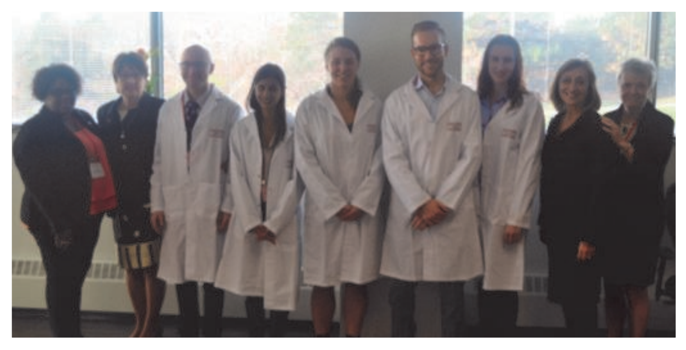
# LiveWire

## We Are Stronger Together

Parkinson Canada



Look for our Hope in Bloom tulips for sale across the region in April!

**Spring 2016**

## *Message from Debbie Davis*

Welcome to the beginning of Spring—my favorite time of year. As we begin 2016 we have much to share that is exciting and new!

The first exciting news is that we have had some changes to our organizational structure (please see page 3) so you will now see a Parkinson Canada logo appearing in LiveWire. We are the same organization, serving people in Ontario the same way—we have just joined our efforts with others across the country to be more effective in delivering services to you!

As you read through this issue of LiveWire, please make special note of our key education event taking place on October 21 across Ontario (page 9). Dr. Ahlskog, a Professor of Neurology at the Mayo Medical School and Chair of the Mayo Section of Movement Disorders, Mayo Clinic, Rochester, Minnesota, will be presenting at 16 locations throughout Ontario so check the list for the closest venue and plan to attend. You will also see information about some of our annual fundraising events, like SuperWalk, and will also notice a new event called the Life Lists Challenge (page 8).

And finally, the 2016 World Parkinson Congress is taking place in Portland, Oregon, September 20 to 23. Take a look at the story of the Turners (page 6) who are doing a virtual walk all the way to Portland!

A big thank you to all of you for your continued support. We value our friendships, partnerships, and relationships—and we couldn't do what we do without you!

Debbie

**Debbie Davis**
**VP, Mission & Managing Director, Ontario**
416-227-3373/800-565-3000 ext. 3373
debbie.davis@parkinson.ca

## Who Are You Going to Call?

***You or someone you care for has been recently diagnosed, a diagnosis has changed, or you are looking for information on a particular topic related to Parkinson's disease.***

**Sandie Jones, RN**
**Coordinator, Client Services and Education**
416-227-3375/800-565-3000 ext. 3375
sandie.jones@parkinson.ca

**Robert TerSteege**
**Information & Referral Associate**
416-227-3372/800-565-3000 ext. 3372
robert.tersteege@parkinson.ca

***You would like information on joining the Partners for Parkinson's Monthly Giving Program or making a donation to Parkinson Canada.***

**Naseem Jamal, Manager**
**Major and Planned Giving**
416-227-3378/800-565-3000 ext. 3378
naseem.jamal@parkinson.ca

***You would like more information about support groups, chapters, Hope in Bloom, or events in your community.***

**Helen Wong**
**Community Development Coordinator Toronto**
416-227-3377/800-565-3000 ext. 3377
helen.wong@parkinson.ca

**Diane Newman Reed**
**Community Development Coordinator East**
800-565-3000 ext. 3315
diane.newmanreed@parkinson.ca

**Karen Dowell**
**Community Development Coordinator West**
416-227-3376/800-565-3000 ext. 3376
karen.dowell@parkinson.ca

**Tamara Gagnon**
**Community Development Coordinator North**
800-565-3000 ext. 3317
tamara.gagnon@parkinson.ca

***You are would like more information about volunteering or participating in Parkinson SuperWalk.***

**Amanda Stanton**
**Regional SuperWalk Coordinator**
416-227-3371/800-565-3000 ext. 3371
amanda.stanton@parkinson.ca

**Alyssa Smith**
**Special Events Coordinator**
416-227-3374/800-565-3000 ext. 3374
Alyssa.smith@parkinson.ca

# New Year. New Name. Same Mission.

> *"What's in a name? that which we call a rose*
> *By any other name would smell as sweet."*
>
> – William Shakespeare, *Romeo and Juliet*

Parkinson Society Central & Northern Ontario has operated within a cross-Canada network of partners since 2010. Most of these Parkinson organizations were separately incorporated, with a mutual agreement allowing for collaboration between these separate charities. Approximately two years ago, the network began a dialogue about efficiencies and, with several years of history, we had a basis on which to evaluate our progress. In June 2014, a group of senior volunteers from within our collective organizations, with diverse backgrounds and business experiences, came together to conduct a review of the operating structure.

Their work was very comprehensive and inclusive; they were tasked with determining options for the future structure that would address gaps and maximize our efficiencies so that we can effectively reach the growing Parkinson's population. This process included consultative meetings with the boards, staff, and volunteers of each partner, with ample opportunity for questions and recommendations to refine and revise the proposed structure. This process resulted in a new model of operation being presented to the leadership of each member. This model recommended one Parkinson organization with one governing board and one charitable number, while continuing to focus on the needs of people living with Parkinson's wherever they may live and a culture that values everyone's contribution.

In June 2015, all of the partners met to vote on adopting this model and becoming **Parkinson Canada**. The vote resulted in six partners (Parkinson Society Canada, Parkinson Society Central & Northern Ontario, Parkinson Society Eastern Ontario, Parkinson Society Maritime Region, Parkinson Society Manitoba, and Parkinson Society Saskatchewan) opting to join together as **one new entity** as of January 1, 2016.

Much of the work to formalize this amalgamation and unification was completed by December 31, 2015, with tremendous support from all six organizations. We look forward to being more efficient and being able to provide services to you in a more cohesive and cost-effective manner. We continue to work with external partners and coalitions, such as Neurological Health Charities Canada and the Canadian Coalition for Caregivers, to facilitate aspects of our mission.

Most significantly, you will see the use of the new name "**Parkinson Canada**" as we move into 2016. We will retain the same look and brand with the tulip, signifying that as "Parkinson Canada" we remain committed to serving Canadians with Parkinson's, no matter where they live, as we have done since 1965. We will operate the National Research Program and advocate for policy change that improves the lives of Canadians. We will continue to operate Parkinson SuperWalk and other events in hundreds of communities across Canada. We are here for individuals, caregivers, and the many health professionals who continue to serve the Parkinson's community.

# Across Our Desks

*This month, Sandie and Robert have joined forces to provide some answers to questions that they commonly receive. If you have your own questions, do not hesitate to contact them in confidence at 800-565-3000 or info@parkinson.ca*

### I have just been diagnosed with Parkinson's disease.

Getting a diagnosis of Parkinson's disease (PD) can be a shock for many people. The good thing about PD is that it is normally slowly progressive so people have time to acclimatize to the shock, as well as get educated, in order to make informed decisions.

Here is the 30-second version of PD: it's a disease that is caused by the lack of a chemical called dopamine. Without dopamine, the body has a hard time coordinating smooth muscle movements. The medications either help the body better use its existing dopamine or replace it artificially—they do not treat the disease itself. It is comparable in a sense to type-1 diabetes where the body does not produce insulin so a person must take insulin injections, as opposed to type-2 diabetes, where diet and exercise alone may be sufficient to bring the body back into line.

Because the diagnosis, and management of PD, is based on what the doctor sees and what the patient reports, it's important to communicate well so the helpful pieces of the puzzle will fall into place. A movement disorder specialist is a neurologist who further specializes in PD and related conditions. We would suggest that when and where possible, a person be referred to a movement disorder specialist. Unfortunately, there can be a wait time to get in to see one. We suggest that people ask their family doctor to make the referral; contact our office for a list of these specialists in Ontario.

Your Parkinson's journey will be unique and you, your family, or caregiver will have many questions along the way. We may be able to help you understand your diagnosis and prognosis as well as provide you with information and available community resources. Our goal is to be there every step of the way. From the moment you suspect something is wrong, to getting the diagnosis, to coping with different stages and challenges, we are your resource for credible, evidence-based information. For a list of all our printed resources, contact our office.

Please keep in mind whether reading our material, or other agencies' information, that not every person gets the same symptoms or severity of symptoms—this is important, as there are many different symptoms and some materials can cover many things that won't happen to you!

### I can't afford the medication the doctor has prescribed. What should I do?

In Ontario, in addition to private insurance plans such as what people may have through their employer, there are three different streams of government assistance for people needing help with high drug costs through Ontario Drug Benefits (ODB). The first program is for people on the Ontario Disability Support Program, which is an income support program for those with no other source of income. The second program is Senior Drug benefits, for people over the age of 65. The third is Trillium Drug Program, for an Ontarian who has high drug costs in relation to their income. For each of these programs, certain medications made not be regularly covered but could be covered under Exceptional Access. Your doctor will have access to certain paperwork but you need to say you can't afford your current treatment. All standard treatments are either on ODB lists or available through Exceptional Access. Newer drugs are not always covered immediately by ODB, as it has to be demonstrated that the new drug is more effective than an existing treatment at a reasonable cost. Parkinson Canada

## Lunchtime Chats with Sandie

**Join Sandie on the second Tuesday of each month at noon for our monthly education presentation. Sandie will talk briefly about the theme of the month and then answer questions sent in by you. Please send in your questions ahead of time to debbie.davis@parkinson.ca.**

You can connect to the call in one of the following two ways (*you only need to access the call one way; if you do both you will have double audio playing*):

- On your computer, log into the call via the following link: http://parkinson.adobeconnect.com/sandie/. Once you have opened the link, choose to enter as guest and then turn on your speaker.
- To connect by phone, call our toll-free number 866-850-3418 (Toronto callers may dial 416-915-8692), and the participant code is 9415905.

plays an active role to ensure that Canadians living with Parkinson's disease get equal access to medications and treatments approved by Health Canada for the treatment of Parkinson's disease.

**I have had PD for a few years and am beginning to have more issues. Should I see a specialist? Should I start an exercise program? Should I start voice therapy?**

There is a proverb: the best time to plant a tree was twenty years ago. The second best time is now. Seeing a movement disorder specialist, a physiotherapist, a speech language pathologist, or other healthcare expert is often a good thing to do right from the start of diagnosis, in order to enhance your treatment potential and maintain your quality of life. With that said, we often speak of *prehabilitation* rather than *rehabilitation* with Parkinson's disease; you want to maximize your potential by starting right from day one to prevent worsening symptoms, rather than trying to regain lost abilities. Still, it is always worth seeing specialists to ensure all that can be done is being done.

**I have had Parkinson's for seven years and I am often excessively tired during the day. It feels like a huge wave rolls over me and knocks me over. Is it just me? What can I do about this?**

Fatigue occurs in 50 to 70% of people with Parkinson's and it is frequently described as one of the most disabling symptoms. Having said that, fatigue tends to be a neglected symptom of Parkinson's and for unclear reasons, it does not get the same attention as some of the other non-motor symptoms. It is the quiet symptom of PD and as such, it often goes untreated

While many people may say that they are fatigued, they really mean that they are tired. Everyone gets tired now and then. This is not the same as fatigue, where exhaustion is not correlated to the amount of physical energy used to do a task. Put another way, you expect to be exhausted if you run a marathon; you should not expect to be exhausted walking from the bedroom to the living room!

Fatigue may be a direct consequence of PD and therefore improve with levodopa and other antiparkinson medications. Poor sleep at night can also impact the level of fatigue a person experiences.

Individuals who have significant fatigue and nap a lot during the day often don't engage in activities. Because they are not active, it further disrupts their night-time sleep patterns. This becomes a vicious cycle that is very hard to break. However, if you can get over this hump, you may find that by limiting the length of your naps, along with starting a good exercise program, your energy level increases.

Other possible causes of fatigue may include medications (both PD and non-PD medications), in which case your medication history needs to be reviewed. An example of this is blood pressure pills. People with PD are predisposed to low blood pressure and this is often made worse by the medications used to treat PD. General fatigue may be a consequence, so blood pressure medications need to be evaluated and even discontinued if necessary—your doctor will make that determination.

Lack of energy and fatigue may also be symptoms of depression. Depression is common in Parkinson's and often requires medical treatment. Once the depression is treated, individuals have much less fatigue.

The most important factor in treating fatigue in PD is identifying its sources. We have only discussed a few possible causes, and it is important to discuss fatigue with your doctor. Sometimes this may mean that you have to explain the impact that your fatigue is having on you. Be specific. Explain for example that you put a load of laundry in the washer and then feel you have to nap. Say if you struggle trying to cook a simple meal, to the point you don't have the energy to eat it. Don't accept "you're just getting older" or "I get tired too" or "it's just PD" until every other possible cause and option for treatment is exhausted (pun intended).

Just because fatigue is the quiet PD symptom does not mean that you have to be quiet about it!

**I saw XYZ drug in the news last night. Can you help me get access to it?**

Parkinson Canada is committed to ensuring all available treatment options are accessible to Canadians living with Parkinson's disease and supporting the inclusion of drugs deemed safe and effective by Health Canada in all provincial formularies. Parkinson Canada does not actively lobby to get Parkinson's drugs/treatments approved by Health Canada through a Notice of Compliance (drugs approved for clinical trial usage). This means that we do not push for a drug that may have had a 'wow' moment in the media. We value expert opinion based on careful research to ensure that people living with Parkinson's are getting the best treatment with the fewest side-effects.

# 2016 World Parkinson Congress: Don and Marg Turner Take a 4,361-km Virtual Walk

Moved by their participation at the 2013 World Parkinson Congress (WPC) in Montreal, and by a few words of encouragement from staff at a cardiac rehab program, Don Turner and his wife Marg set out on a virtual walk, with the ambitious goal of marching 4,361 km from the fall of 2013 to late September 2016—the distance between Toronto, where the Turners call home, and the site of the World Parkinson Congress in Portland, Oregon.

Along the way, Don has collected donations in support of Parkinson Canada and has regaled readers with tales of the sites he is virtually crossing on his milestone map (you can donate, and read about it, at http://donate.parkinson.ca/goto/teamturner).

Their journey has also led to some interest on an international scale. The Brian Grant Foundation, whose namesake is a former NBA professional basketball player, has launched the Power Through Project, a campaign geared toward embracing physical fitness in response to a diagnosis of Parkinson’s. It shares a pledge with its members not to let a diagnosis define them and has also organized a virtual walk from Montreal to Portland. Grant’s Power Through Project was featured as part of the NBA All Star Game festivities in Toronto in February.

Both Don and the Power Through Project are leading the way for others to take a similar journey, covering 3,000 miles as individuals or through collective efforts. Either way, the idea is to bring people together in spirit as they virtually walk to WPC 2016. And alongside many others, Don walks with an eye toward his last few kilometres leading up to this year’s congress.

The 4th World Parkinson Congress convenes at the Portland Convention Centre in Portland, Oregon from September 20-23 and states the following simple mission:

> *By bringing physicians, scientists, nurses, rehabilitation specialists, caregivers and people with Parkinson's disease together, we hope to create a worldwide dialogue to help expedite the discovery of a cure and best treatment practices for this devastating disease.*

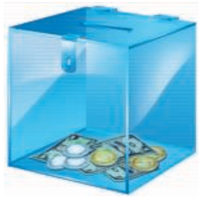
WPC welcomed 3,334 delegates from 64 countries in 2013. The sharing of experiences, updates, and hope between the researchers and the Parkinson community was one of the greatest outcomes of the event, as anyone who attended the 2013 event in Montreal can attest—a number of the attendees included Parkinson Canada staff and those throughout Ontario who had the support of our organization to attend the event. The website for WPC is www.WPC2016.org. Registration opened in January 2016 and travel grants are available. If you are interested in applying for a travel grant, go to the WPC website (listed above), go to the drop down topic "Travel" and then go to the section entitled “Travel Grants”—you will find information on how to apply for a grant and the deadlines for applications.

4th World
PARKINSON
Congress
Portland 2016

**Hope blooms with your support!** Consider joining us as a volunteer this April in our Hope in Bloom Campaign, selling beautiful tulip bouquets and potted plants at a location in your community. Ask a family member, a friend, or a colleague to join you—the more the merrier! Contact your local Community Development Coordinator (see page 2 for contact information) for a Hope in Bloom location or check out our tulip webpage at www.parkinson.ca for details.

## LCBO STORES RAISE FUNDS FOR PARKINSON CANADA

Starting May 22, 2016, the public can help support Parkinson Canada by making a donation at any of the more than 645 LCBO stores throughout Ontario. Donation boxes will be displayed at LCBO checkout counters until June 18.



Please drop by your local LCBO store and support Parkinson Canada.

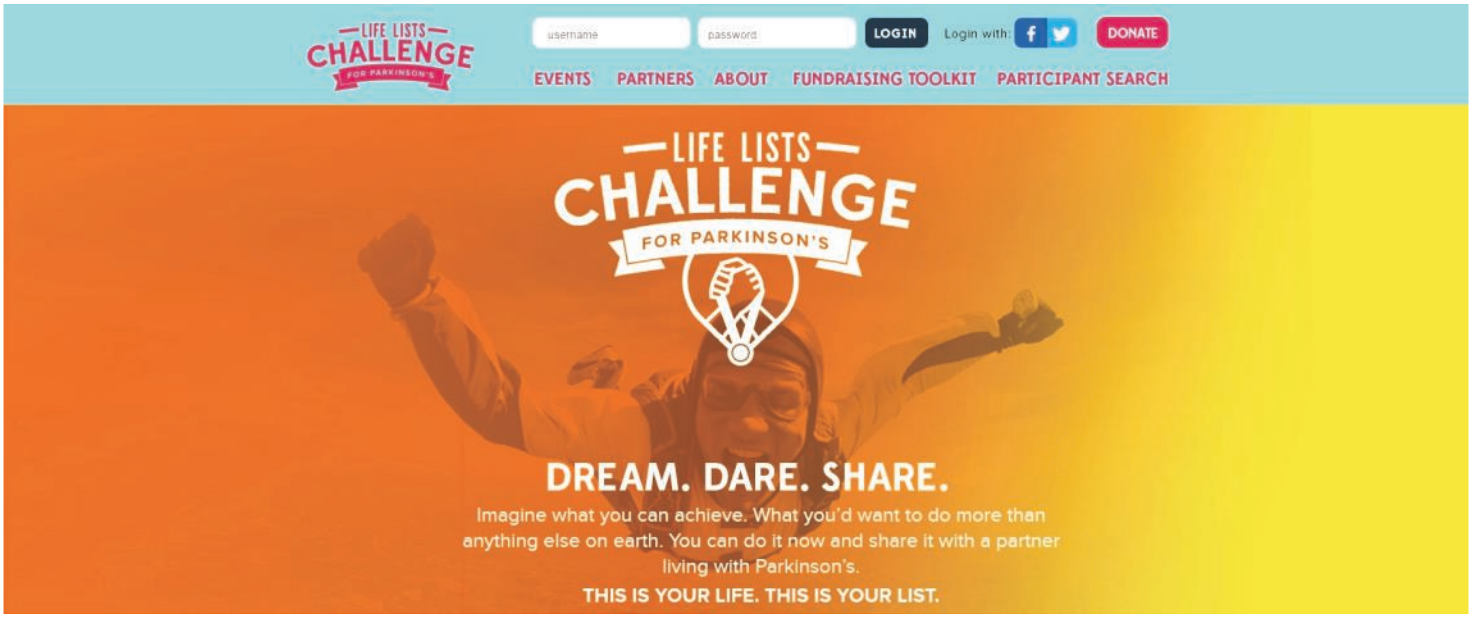
# It Takes a Community to Support Those Living with Parkinson's

**April is Parkinson Awareness Month and Parkinson Canada is taking this opportunity to recognize how our communities contribute to our mission to support those affected by Parkinson's.** From family members to volunteers, from family doctors to Parkinson researchers, it takes a varied community to come together to have an impact. Everything we do is made possible by our wonderful supporters, for it takes a group of dedicated people to help the 40,000 Ontarians living with Parkinson's and their families. During the entire month of April, we'll be reaching out to grow our communities by spreading awareness of Parkinson's disease and its impact on individuals. Our purpose is connecting people and communities together to provide the most benefit for those living with Parkinson's. We hope you'll help us to reach out to others to join us in our mission.

April marks the 32nd annual Hope in Bloom campaign, where volunteers sell tulips throughout Ontario to raise awareness and funds to provide support services, education, advocacy efforts, and to fund research initiatives. **The tulip is our symbol of hope for people living with Parkinson's disease, and a bouquet or pot of flowers is a perfect way to welcome spring to your community.** Tulips are sold in bunches (eight stems) or as a potted plant (five to six stems) in a variety of colours. The deadline for ordering is February 26, 2016; details are available on our website www.Parkinson.ca.

In addition to the Hope in Bloom campaign, Parkinson Canada is encouraging you to pursue other ways to get your local community involved in Parkinson Awareness Month. How you do this is up to you. You and your friends could purchase tulips and donate them to a nearby hospital or long-term care facility. You could hold a bake sale, a community garage sale, or a movie night to raise both funds and awareness. If you belong to a support group, you could invite the public to attend one of its meetings. What you do is only limited by your imagination. Why you are doing it is to reach out to your community and let them know why our cause is so important.

Consider Parkinson Awareness Month your time to connect with the Parkinson community and encourage others to join in our mission. Anyone interested in participating in a Parkinson Awareness Month activity is encouraged to contact us directly at 800-565-3000 or info@parkinson.ca.



DREAM. DARE. SHARE.

Imagine what you can achieve. What you'd want to do more than anything else on earth. You can do it now and share it with a partner living with Parkinson's.

THIS IS YOUR LIFE. THIS IS YOUR LIST.

**Life Lists Challenge** is a new concept designed with a goal of raising funds to support Parkinson Canada's mission, while changing the way that Canadians look at Parkinson's disease. The concept is simple: participants choose a dream—something that is on their "life list" of experiences that they want to do one day—then they choose one of our eight partners with Parkinson's. This partner becomes the voice of their campaign—their coach and their cheering section. Through them, participants also learn about Parkinson's: the experiences, the triumphs, and the challenges.

The event is about giving achievement-oriented Canadians an opportunity to experience something truly unique (skydiving, bungee jumping, car racing, hot air ballooning, or ziplining) in exchange for their support of Parkinson Canada. The purpose is also to create a new group of champions who understand Parkinson's better so that they'll be more likely to support us in the future, and most importantly so they'll be prepared when someone in their own family is diagnosed, or when they come into contact with people living with Parkinson's otherwise.

We want to thank our eight 'Partners with Parkinson's' for lending their voice to the campaign and for helping to paint a picture of the individual nature of Parkinson's and their own personal experience. Our eight partners from across Ontario have graciously volunteered to be the faces of the campaign and have opened up about their own unique experiences with Parkinson's. Whether learning about how Jamie Fobert of Belleville reacted to his diagnosis at age 40 or how advisory board member AB Rustin helps herself and others through connection to a support group network, the intent is to teach people about the realities of managing Parkinson's to increase understanding while raising funds.

The program is supported by APEX Public Relations, ruckus digital, and AOL Canada for promotions, and has received support from Vision Critical and Advanis in conducting research and preparing the campaign.

Fundraisers have been working hard since January 4 to qualify for one of the six Life Lists Dreams. With the events taking place on May 7, 14, and 15, there's still time to support a participant or qualify to live your own dream. Learn more, and track the progress of this exciting event, at www.lifelistschallenge.ca.

SAVE THE DATE!

SuperWalk 2016
September 10 - 11

Please visit
www.parkinsonsuperwalk.ca
to register for a walk near you!

## Hope on Display 2016

### Featured Artist: Nora Fischer

**Nora Fischer with her daughter, Helena, Helena's husband Jean-Pierre, and granddaughters Meghan and Melissa**

When Nora Fischer was 70 years old and discovered that she had Parkinson's, she made a very important decision. She decided that she wouldn't let the disease change the way she lived her life. Her goal was to remain active and continue to do all the things that were important to her. This includes being actively involved with her family (which includes three grandchildren and two grown children) and pursuing her love of art (as shown in her painting below). Even with Parkinson's, Nora is continuing to live her life to the fullest.

## 2016 EDUCATION SESSION

### Friday October 21

This year, we are going to take advantage of some modern technology with our education session: our speaker presentation will be broadcast live at multiple locations—all on the same day and at the same time! You pick the place you want to attend and everyone gets the same broadcast, live on the big screen. You can join us in any of the following cities—same speaker, same price, different location!

**• Ancaster • Barrie • Belleville • Bracebridge**
**• Brampton • Guelph • Manitoulin Island**
**• Oshawa • Ottawa • Peterborough**
**• Richmond Hill • St. Catharines • Sudbury**
**• Thunder Bay • Timmins • Toronto**

**Registration will begin at 9:30 a.m. and there will be a light lunch served. The format and price (to be determined) will be the same in all locations and venues. Stay tuned for more details!**

**Dr J. Eric Ahlskog**, M.D. Ph.D., is widely considered to be a leading authority on Parkinson's disease (PD) with more than 30 years of experience treating people with PD in the clinic. He has recently published a book called ***The New Parkinson's Disease Treatment Book: Partnering with your Doctor to Get the Most from Your Medications.*** He is a Professor of Neurology at the Mayo Medical School and Chair of the Mayo Section of Movement Disorders, Mayo Clinic, Rochester, Minnesota. He is an amazing clinician so we thought rather than have him speak the whole time (we're going to give him an hour or so), we're going to offer everyone the opportunity to send questions in advance (email them to Debbie at debbie.davis@parkinson.ca) or ask them on that day (we'll announce how that morning).

# Celebrating Our Volunteers

Photo from the final celebration of Ian Davidson Award winners

## The Ian Davidson Volunteer Award

We have had a volunteer award at Parkinson's for 25 years named for Ian Davidson. It was started in his honour by his daughter Monica, who has been actively involved with us all these years and who has come to Toronto to present the award whenever she could—she lives in Mexico. She wanted to set up the award in her father's name because of his "courage, quiet dignity, compassion, and sense of humour" as he lived with Parkinson's disease.

The annual award has been presented in recognition of individuals who have Parkinson's disease and have been role models in providing guidance and support that improved the lives of others living with Parkinson's in Central & Northern Ontario (PSCNO), and/or increased public understanding of their situation through such activities as leading support groups, public speaking, advocacy, volunteering, and fundraising. The list of winners is a very special group of people.

2015 marked the 25th and last year that this award would be presented, and Monica had a special luncheon in October at the Rosedale Golf Club where she invited all past winners to attend. At the luncheon, Monica was such a gracious host and shared memories of her father. It was obvious how meaningful it was to her to meet with the people who had been such dedicated volunteers with Parkinson's. The former winners were treated to such a special event, and received another award from Monica to make the end of the tradition.

The 2015, and final, winner of the Ian Davidson Volunteer Award is Penny McDowell. Penny is the coordinator of the North Simcoe Support Group. She is a gentle person and her quiet demeanor attracts members of the group to her. Penny organizes every meeting, has her agenda ready for the group, and organizes future meetings so that the group is aware of upcoming events and speakers. Penny attends every fundraising event from tag day, where she organizes volunteers at various locations to hand out stickers and bookmarks to donors, to other community events needing an organized leadership role. Support groups are important for people with Parkinson's and their carepartners; without people like Penny, this support would not be possible.

## 2015 Marilyn Forbes Award Winner

The Marilyn Forbes award is annually presented to volunteers nominated by their peers who exemplify Marilyn's dedication to their chapter, the support of people living with Parkinson's, and the work of the Parkinson Society Central & Northern Ontario. The 2015 award was presented to Connie Read.

Carepartners can become overwhelmed with increasing emotional, physical, and financial needs of their loved ones with Parkinson's. Relevant information and timely support is critical in helping carepartners from burning out. This is especially true for carepartners whose loved ones have been diagnosed with progressive supranuclear palsy (PSP).

Connie Read began volunteering with an existing carepartner group and quickly proved herself to be invaluable. She became the central point of contact, not only maintaining the distribution list for meeting reminders, but taking it upon herself between meetings to connect with the members with a personal email, phone call, and sometimes a visit. Though the meetings of the group are only in Toronto, they have brought in people from a three-hour radius, as well as started connections with folks across the province.

Connie has helped us to stay on track with our work with people living with parkinsonisms, and establishing relationships with CurePSP to provide support to mutual clients. This has been a key task of the Strategic Plan for PSCNO. One member shared that without Connie, she would have been lost and has now been able to connect with the Kingston (CurePSP) support group.

# Our Mission

***Parkinson Canada is the national voice of Canadians living with Parkinson's. Since 1965, we have provided education, advocacy, and support services in communities coast to coast to individuals and the health care professionals who treat them. The National Research Program funds innovative research to search for better treatments and a cure. Parkinson Canada is an Imagine Canada accredited organization.***

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**Charitable No: 10809 1786 RR0001**

**LiveWire is published three times annually: in the spring, the summer, and the fall. Expect our spring edition in March, our summer edition in August, and our fall and winter edition in November.**

**LiveWire** is published to provide helpful information to people affected by Parkinson's in Ontario. It is not meant to provide medical advice; readers should contact their doctors in all matters relating to health concerns and/or medication. LiveWire is offered in both hard copy and electronic form. **If you would like to be added to our mailing list, call 1-800-565-3000; to be added to the electronic list, contact livewire.subscriptions@parkinson.ca**

## What We Do

### Support Services

We provide consistent and excellent support to people living with Parkinson's and their families to make their lives better. We also provide support to the facilitators and participants of our many support groups and chapters.

### Education

Our goal is to provide excellent seminars and conferences in different locations in Ontario; we also offer a number of webinars during the year. There are also smaller sessions held monthly during support group and chapter meetings.

### Advocacy

Our Advocacy Committee works to influence the behaviour of key government officials and agencies in support of people living with Parkinson's, and build strong relationships with the Local Health Integration Networks across Ontario.

### Research

Parkinson Canada fully supports the National Research program; all donations that are designated for research support this program.

## Did you know?

*LiveWire is offered in both print and electronic forms. If you would prefer to receive the electronic edition, please contact **livewire.subscriptions@parkinson.ca** to be added to our email notification list.*

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