LiveWire

PARKINSON SOCIETY CENTRAL & NORTHERN ONTARIO

Summer 2012

Inside

Our Mission

Parkinson Society Central & Northern Ontario works in partnership with Parkinson Society Canada and nine other regional partners across Canada to ease the burden and find a cure through research, education, advocacy, and support services.

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LiveWire is published three times annually: in the spring, summer, and fall. In 2012, expect our Spring edition in early March, our Summer edition in July, and our Fall/Winter edition in November.

Former NHL Player Opens Up About Parkinson Battle

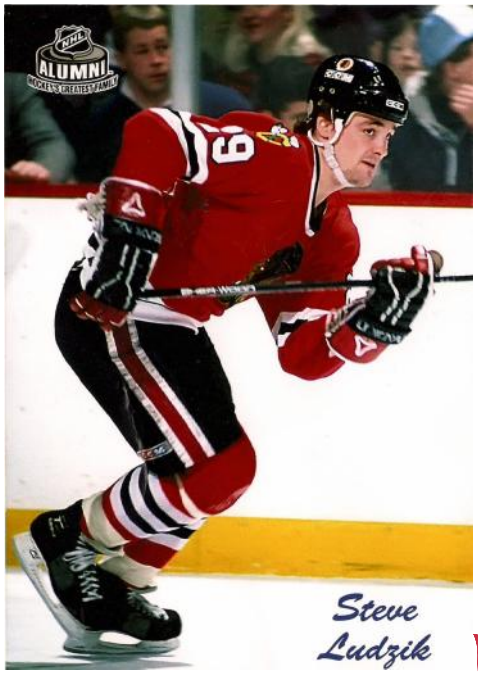
It started 12 years ago.

Steve Ludzik was enjoying a warm summer evening with his wife, Mary Ann, on the porch of their Niagara Falls home. Ludzik was unwinding after his first season as head coach of the Tampa Bay Lightning. Then it happened.

"I felt my finger jump," the 51-year-old said. "I felt my finger twitch and I knew something was wrong."

He tried to "tough it out" for two years before visiting a specialist in St. Catharines. Ludzik hoped it was a nervous twitch.

"The doctor said, 'You've got Parkinson's disease, young man,' and walked out of the room," he recalled.



"I sat there and had the ordeal of telling my wife."

It took 10 years until Ludzik decided to tell everyone else.

"I treat this disease like it's a bully. I refuse to give into it."

Rumours of Ludzik's worsening health also prompted the former NHLer to go public. There was unsubstantiated talk that his occasional slurred speech and hand tremors were signs of alcoholism.

"I want to make a difference," he said. "I'm tired of running."

"I've had a great life," he continued. "I married the girl I wanted to marry, and I have two great sons. It's tough on them, too, to know I'm not 100% well.

"I'm sick of watching the fight and not getting involved."

He wants to become an advocate for those living with Parkinson's. Michael J. Fox and Muhammad Ali are two of the most famous people afflicted with the disease. Walter Gretzky recently announced his Parkinson's diagnosis.

"My legacy isn't going to be Steve Ludzik the player, Steve Ludzik the coach, Steve Ludzik the writer, or Steve Ludzik the television personality," he said. "It's Steve Ludzik, the guy who had Parkinson's and helped other people." *With excerpts from the April 2012 Sun Media article by Cory Smith.*

Parkinson Society Central & Northern Ontario
Société Parkinson du Centre et du Nord de l'Ontario
In Partnership with Parkinson Society Canada

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The LiveWire newsletter is published to provide people affected by Parkinson's in Central & Northern Ontario with helpful information. It is not meant to be medical advice and does not necessarily reflect the view of the Parkinson Society or the LiveWire Editorial Committee. Readers should contact their doctors in all matters relating to health concerns and/or medication.

The Editorial Committee is made up of volunteers and staff. The Committee welcomes feedback on current and past issues, as well as suggestions and submissions for future issues.

LiveWire is offered in both hardcopy and electronic form. **Please let us know if you prefer to receive it electronically.**

Contact us at 1-800-565-3000 ext. 3371, or email to livewire@parkinson.ca.

Next submission deadline is October 8, 2012.

PSCNO: What We Do

Advocacy:

Our Ontario-wide Advocacy Committee has the following objectives:

1. Influence the behaviour of key government officials and agencies in support of people living with Parkinson's.
2. Influence the behaviour of Ontario MPPs in support of people living with Parkinson's.
3. Strengthen the scope and capacity of the Ontario Advocacy Committee.
4. Ensure consistent, coordinated advocacy communications across Ontario.
5. Build strong relationships with the Local Health Integration Networks across Ontario.

Education:

Our goal is to bring excellent seminars and conferences to different areas in the region so that this information is readily available. We strive to provide four to six sessions each year in addition to the smaller sessions offered during support group meetings.

2012 Sessions:

Please see page 7 for a complete listing.

Support Services:

We provide consistent and excellent support to people living with Parkinson's and their families to make their lives better.

- Constantly updated Website
- Information & Referral line that fields approximately 6,000 calls and emails every year and sends out personalized information packages
- Individual support as required
- Regional newsletter sent out free of charge three times a year
- Support group network—40+ in the region—including newly diagnosed, young onset, and carepartner groups
- Fundraising and awareness events
- In-service sessions provided to healthcare professionals, specifically the new *Get it on time* program currently intended to educate staff at LTC facilities about the need to get medication **on time—every time.**

Research:

Parkinson Society Central & Northern Ontario fully supports the National Research program and sends all research donations to support this program:

Parkinson Society Canada (PSC) strives to make an impact on the Canadian Parkinson's research community by working as investors in Canadian Parkinson's research potential. By funding meaningful and innovative projects and promising young researchers in their professional development, PSC aims to encourage continued growth and revitalization in the fields of Parkinson's research in Canada.

PSCNO could not fulfill its mission to ease the burden and find a cure without the generosity of its donors and volunteers!

To help ease the burden and find a cure, call 1-800-565-3000 ext. 3378 or visit www.parkinsoncno.ca to make a one-time or monthly donation.

Thank you for your continued support!

Steve Plumley (front row centre) with other award recipients at the Special Olympics Awards ceremony

Special Olympics Volunteer Awards

2012 was the year of awards for Steve Plumley.

Special Olympics Toronto coaches and volunteers were honoured for the great work they do at the 2nd Annual Appreciation Luncheon on Sunday, April 15, held at the Hyatt Regency in Toronto. Awards were presented to five nominated individuals who dedicate their time and efforts to Special Olympics in Toronto and one of our special volunteers, Steve Plumley, won Male Coach of the Year—2012.

Steve, who has Parkinson's, was also presented by Parkinson Society Central & Northern Ontario with the Ian Davidson award, in recognition for his efforts as a role model; providing guidance and support to improve the lives of others living with Parkinson's. Congratulations, Steve!

PARKINSON SUPERWALK

In My Own Words with Rocio Korytkowski

Each year, hundreds of teams across Canada participate in SuperWalk to honour family and friends with Parkinson's. Here is the story of one team member, Rocio Korytkowski, in her own words.

Who in your family are you walking for?
Our team walks in honour of my mother, Bertha Guevara, and other team members whose families are affected with PD.

I was very close to my mother and looked up to her greatly. It was very difficult to see her go through her illness for more than 20 years. My mother was diagnosed at 50 but had PD symptoms a few years earlier. She was an amazing woman who raised six children and took care of our household. Mom was beautiful and she loved us all dearly, including our father who took care of her pretty much by himself during the last stage of her illness.

This disease is truly a very sad one—to see your loved one deteriorate in front of you slowly over time can take a toll. It took me at least two years to come to grips with what happened to our family. With my involvement in SuperWalk, I finally began to heal and accept that illness strikes in all kinds of ways—and families for that matter.

How long have you been involved with SuperWalk?
I started working with the Parkinson Society in 2009. I was so upset with my mother's condition at the time, I felt I had to do something about finding a cure for this terrible disease. I had breakfast with two wonderful friends and discussed my idea about raising money for PD, and they were so supportive that we just went for it. We decided to plan an event where I would shave off my hair for PD and raise $5000. So the process began and I started to inquire about how to pull off the event; we raised just under $10,000 on our first try! After our event date, I still received some money from friends and family so we joined SuperWalk in order to donate the money and had a wonderful experience. We raised $12,000.

How has your team grown over the years?
Our team started out with my family and two close friends; then we started adding new members to our team. We always have great support the day of the walk; friends and family come out and we really make a day of it. So far the weather has been great and our team results have been over $10,000 each year.

Our team is large and has great spirit. We are very creative and have a lot of fun during the fundraising and at the walk.

What do you enjoy most about SuperWalk?
I enjoy the fact that our community is very generous and that people truly want to help in any way possible. I think the walk has helped us all to heal by giving up our time for such a worthy cause.

What do you hope that the money raised from SuperWalk will achieve?
We all hope that one day a cure will be found, if not for my mother, than for others with this disease. We hope that it makes someone else's life a bit easier.

Parkinson's is a dreadful disease, but educating ourselves about what PD is empowers us to cope with living alongside our loved ones who have PD.

Bertha's Tulips—SuperWalk

Information Updates

Ontario Advocacy

The Caregiver Leave Act—Bill 30

Bill 30, Family Caregiver Leave Act (Employment Standards Amendment), 2011, is legislation that, if passed, will amend the Employment Standards Act, 2000, to create Family Caregiver Leave. The initiative to provide eligible employees with up to eight weeks of job-protected unpaid leave was first outlined in the Ontario Liberal Party's platform, which was released prior to the October, 2011 provincial election.

Parkinson Society Ontario has been instrumental in moving this legislation forward though its membership with the Ontario Caregiver Coalition. This has included meeting with members of Minister Linda Jeffery's office (Minister of Labour and Minister Responsible for Seniors) and with France Gélinas—NDP Critic, Health and Long-Term Care. When Bill 30 is moved to Committee for debate, the Ontario Caregiver Coalition plans to present a deputation that outlines the need for greater flexibility to meet the episodic needs of caregivers, the importance of granting health care workers, beyond physicians and nurse practitioners, the authority to approve this leave (such as in-home case managers), and the need to wave any fees associated with authorization notes.

This Bill is currently in second reading and has been for quite some time. As the Ontario legislature has risen for the summer, it is expected that Bill 30 will move to Committee for debate this fall.

Healthy Homes Renovation Tax Credit—Bill 2

The proposed Healthy Homes Renovation Tax Credit is a new permanent, refundable Personal Income Tax introduced by the Liberals to assist with the cost of permanent home modifications that improve accessibility or help a senior to be more functional or mobile at home and stay in their homes longer. The credit would be worth up to $1,500 each year, calculated as 15 percent of up to $10,000 in eligible home renovation expenses that would help seniors stay safely in their homes. It could be claimed by senior homeowners and tenants, and people who share a home with a senior relative.

In early May, a group of stakeholders, including Parkinson Society Ontario, attended the Standing Committee on Finance and Economic Affairs where Bill 2 had been in debate for five sessions. After stakeholders clearly voiced their concerns about the need to move this legislation forward in order to help seniors remain in their home as long as possible, the Committee was able pass Bill 2 into third reading. All stakeholders were recognized for their efforts in this matter during the morning question period at Queen's Park on May 3, 2012.

As of June 5, 2012, Bill 2 was still in third reading, and it is expected that this Bill will remain in third reading until the fall.

Hope in Bloom campaign blooms to new heights!

Thank you to everyone who participated in our **Hope in Bloom tulip campaign** this April. Our campaign was a huge success—we bloomed to new heights raising over $123,000 in the month of April. We reached out to thousands of individuals helping to increase Parkinson's disease awareness. We took over malls, local businesses, and major corporate office buildings selling 12,000 bouquets and 6,000 potted tulips!
Once again, thank you for your generous time and support! This campaign would not be possible without the dedicated volunteers who devote their April each year to promote the Society and sell a tulip or two. We look forward to working with you again next year.

Canadian Guidelines on Parkinson's Disease

Parkinson Society Canada, in partnership with leading Canadian movement disorder specialists, has launched the first clinical guidelines for the diagnosis and treatment of Parkinson's disease.

The **Canadian Guidelines on Parkinson's Disease,** published in the July 2012 issue of the Canadian Journal of Neurological Sciences, will include an executive summary and quick reference guide in English and French. The resource lists 84 detailed clinical recommendations under chapter headings such as Communication, Diagnosis and Progression, Pharmacological Therapy and Mental Health, among others. It will be distributed to family physicians, pharmacists, nurses, and allied health professionals including occupational therapists, physiotherapists, and speech-language pathologists.

"Most Canadians with Parkinson's do not attend specialized Parkinson's or movement disorders clinics," says Dr. David Grimes, Director of the Ottawa Hospital's Parkinson's Disease and Movement Disorders Clinic and editor of the guidelines. "A tool was needed so that all health care providers who treat people with Parkinson's in Canada have a clear idea on how best to help individuals manage their disease. The guidelines are meant to improve the standard of care and access to care for people with Parkinson's in all regions of Canada."

People with Parkinson's are encouraged to let their health care providers know that the Canadian Guidelines on Parkinson's Disease are available online at www.parkinsonclinicalguidelines.ca. The Website and other materials related to the guidelines have been made possible through unrestricted educational grants from Abbott Laboratories, Limited, Merck Canada Inc., Novartis Pharmaceuticals Canada Inc., Teva Canada Innovation, and UCB Canada Inc. The guidelines are endorsed by the Canadian Neurological Sciences Federation and Parkinson Society Canada.

Finding Questions Robert TerSteege—CIRS-CAN

Upon reading the headline above, I'm willing to bet you have two or three questions already: 1) Shouldn't that read 'Finding Answers'; 2) What kind of last name is that; and 3) What are those letters behind your name? Answers: 1) maybe, 2) it's mine, and 3) part of the Latin alphabet, as opposed to Cyrillic. Now, all of these answers are true, but how useful were they in answering your questions?

I like questions. When people ask me questions, and quite often when they call, I ask them more questions first before I give an answer. Sometimes people stop and ask me "Why are you asking me questions, instead of answering mine?" That is an excellent question! The answer is straightforward: I need to understand what question you really need the answer to. Often people don't ask the right question, and when they act on the answer, can become very frustrated!

You've probably seen the letters RN behind my colleague Sandie's name, and most of you will know that means she is a Registered Nurse. CIRS-CAN stands for Certified Information & Referral Specialist—Canadian. I belong to an international professional association of Information & Referral specialists, and have taken an exam which demonstrates that I have knowledge in connecting people to services. In order to do this, I have to know not only what people are looking for, but also what they may actually need.

For example, someone might call me and ask me how they apply for Canada Pension Plan Disability Benefits (CPP-DB). The first thing I am going to ask is how old is the person who needs the benefits? If the person is 65 or older, I'm afraid there is no point in applying: CPP-DB becomes regular CPP payments at the age of 65.

There are no questions to date that I will shy away from answering, though it may not always be the answer that a person is looking for.

The main problem is helping someone find the right question, before finding the right answer. If you have ever attended an education session or a support group meeting where I was the speaker, you will know that after I introduce myself, the first thing that I say is "what do you want to know?"

When Sandie and I write an article for *LiveWire*, it is based on commonly asked questions or concerns that others have shared with us. We want to know what questions you may have, and try and help you find the answers. We can answer many questions on a wide variety of topics in a general sense: we cannot give specific medical advice, as this is something you would need to discuss with your doctor, but we may be able to help you find the right questions to ask your doctor. We also may be able to help answer or direct your questions on issues such as accessibility, advocacy, income support, legal resources, home modification… the list goes on! So, what do you want to know? Send your questions in confidence to robert.tersteege@parkinson.ca or call 1-800-565-3000 ext. 3372/416-227-3372.

Commonly Asked Questions:

Q) I've just been diagnosed with PD. What do I need to know?

A) We can answer some of your questions about what PD is, what is going on, and common symptoms. We can provide you with literature in hard copy, or online. What do you really want to know?

Q) Am I going to die?

A) Unless you have discovered the secrets of youth and immortality, then I'm afraid yes, one day you are going to die! What people usually want to know is will Parkinson's affect their lifespan? Statistically speaking, PD doesn't shorten your lifespan. People do not die from Parkinson's disease itself, though there may be other secondary complications in late stages.

Q) Who is the best specialist that you would recommend I see?

A) We would suggest, when and where possible, that people see a movement disorder specialist, which is a type of neurologist who has further specialized in Parkinson's and related conditions. We are happy to provide you with a list of movement disorder specialists in Ontario. We do not recommend one over the other—these are all excellent physicians! A movement disorder specialist will be more up to date in terms of the latest in research and treatment options for Parkinson's. Where it is not possible to see a movement disorder specialist, a general neurologist is the next best choice.

Q) I found the cure for Parkinson's on the Internet: why haven't you told us about this?

A) Unfortunately, for every disease that people have, there is someone willing to sell you "The Cure"—usually at a high price, but with absolutely no hard proof presented that it works.

Many of us who work for Parkinson Society have friends and family affected by PD; if we knew there was a viable cure out there, we would be shouting it from the rooftops!

Wearing Off—Sandie Jones, RN

If you use a device that requires batteries such as a watch, a hearing aid, a computer, a smoke alarm, etc.—you usually get some kind of warning that the battery is "wearing out" and needs to be changed. Sometimes battery–operated devices stop working before you have a chance to replace them, which is not a permanent problem; inconvenient, yes—but fixable.

Many of you will be getting benefit from your Levodopa/ Carbidopa (Sinemet) usually within 30—45 minutes after taking your medication. Over time (the time is different for everyone), the benefit diminishes and your symptoms reappear before the next dose is due. This loss of effectiveness of a dose before it is time to take the next pill is called "wearing off" and, just like a battery needs to be changed, this wearing off may signal the need to change the dose or timing of your medication. It is important to talk to your doctor if you are experiencing this.

I'm mentioning this because some people think that their Sinemet is no longer working—but that is not the case. The fact is that as Parkinson's disease progresses, you need more medication. During the first few years of treatment, because the brain still produces relatively high levels of dopamine, only a small amount of medication is needed to keep symptoms at bay.

However, as time goes on, the number of nerve cells still producing and storing dopamine in the brain begin to decrease (die off) and thus with less natural brain dopamine available, a dose of levodopa that initially removed symptoms for four hours may no longer provide enough dopamine to maintain full control of symptoms until the next dose.

The way in which wearing off affects people is highly variable.

Some people find their tremor gets worse, others become more stiff and slow. But wearing off symptoms can be much more subtle; with problems not associated with movement (called non-motor symptoms), including increased anxiety, depression, fatigue, mood changes, difficulty thinking clearly, restlessness, sweating, and increased production of saliva. Many people I have spoken to find the loss of energy during their wearing-off time particularly disabling. It is important to understand that both motor and non-motor symptoms of wearing off occur simultaneously.

I hope the following chart will help to explain wearing-off, as you need to talk to your doctor in order for him/her to be able to manage and treat your Parkinson's disease effectively.

Symptoms of wearing-off—An overview**

This section provides a guide to some of the possible symptoms that you may experience with wearing-off. The key to identifying wearing-off is to note whether the symptoms tend to occur or worsen two or more hours after the last dose of levodopa medication, and improve after the next levodopa dose takes effect.

Motor symptoms

- **Motor symptoms relate to movement and mobility. These can include changes in the cardinal symptoms of Parkinson's, such as the following:**
  - ⇒**Tremor**—shakiness or trembling in the hands, arms, legs, jaw, and face. Some people also report an internal tremor; where they feel a trembling inside even though this may not be visible.
  - ⇒**Rigidity**—stiffness in the muscles causing movements to become more uncomfortable and potentially painful.
  - ⇒**Slowness of movements of "bradykinesia"**—movements become slow and hesitant and it takes more time to perform daily activities, or you find you are temporarily unable to perform these activities at all.

Non-motor symptoms

- **Symptoms that affect thoughts, feelings, and sense of well-being:**
  - ⇒anxiety, depression, or irritability
  - ⇒slowness of thinking or memory problems
- **Symptoms that affect sensations may include the following:**
  - ⇒tingling
  - ⇒pain
  - ⇒restlessness
  - ⇒fatigue
- **Symptoms that result in changes to your 'autonomic nervous system'*:**
  - ⇒sweating
  - ⇒changing body temperature
  - ⇒hypersalivation
  - ⇒constipation

**The autonomic nervous system is an involuntary system in the body that regulates the control of certain muscle groups and organ function, such as blood pressure control, bowel and bladder function, and salivation. Often you will be unaware of autonomic responses as these occur as reflex actions.*

**Source: Susan J. Mayor, Bsc, Msc, PhD; freelance medial writer in London

Regional Education Sessions & Conferences

If you have attended a CNO major education session or conference, you will be aware that we always ask for attendees to fill in an evaluation form, and yes, we do read and compile all the data from these! At this writing, four major sessions have occurred, and from the feedback thus far, the bulk of the responses were that people were extremely satisfied with the event they attended.

Positive Feedback:

- Best PD conference attended. World class speakers…positively excellent content and presenters
- The frank sharing of ideas and talking about a delicate topic (intimacy) often not discussed
- Listening to the doctor with PD. She shared her life beautifully and gave me hope to go on to a brighter future.
- Dr. Hobson's explanation of meds was very clear and very interesting.

By the time you are reading this, three more sessions will have happened—two already full with reserved seats—with two conferences left in the fall. This has been one of the busiest years ever for major education, and the Client & Education Services team would like to extend our thanks to all the other staff, volunteers, and especially host chapters that have helped pull these sessions off. We would also like to thank those who took the time to respond to evaluations, as these are used to help determine future topics of interest and kinds of speakers that people wish to hear from.

There are copies of Gila Bronner's article, *Caring & Sharing,* still available: please call 1-800-565-3000 ext. 3372 to receive a copy. Certain presentations from this year's conferences will be made available online only, later in the year. Please visit www.parkinsoncno.ca and from the right-hand menu select PDTV.

Making the Most of your Life with Parkinson's: Fall Conferences

If you live in the vicinity of Sudbury or Peterborough, please watch your mailbox in August and September for a registration form. If you do not live in these areas, but are interested in attending, please feel free to contact Karen or Diane. Online registration can be found at www.parkinson.ca/conference/.

Sudbury

Date: Saturday, September 29, 2012

Time: Registration opens 8 a.m.
Conference from 9 a.m.–3 p.m.

Location: Radisson Sudbury, 85 Ste. Anne Rd.

Speakers: Dr. Penny MacDonald, London, ON; Drs. Soania and Arun Mathur, plus other allied health professionals

Cost: Registration fee $35

Special Bonus: Friday, September 28
Meet & Greet Event, from 7 p.m.—8:30 p.m.

To register, or for more information, please contact Karen Boyer at 1-800-565-3000 ext. 3371 or karen.boyer@parkinson.ca

This event and others in the region have been made possible through the generous support of Nora Fischer.

Peterborough

Date: Saturday, October 27, 2012

Time: Registration opens 8 a.m.
Conference from 9 a.m.–3 p.m.

Location: Holiday Inn, 150 George St., Peterborough

Speakers: Dr. J. Eric Ahlskog , Mayo Clinic, Rochester, MN; Dr. Susan Fox, Toronto Western Hospital; Drs. Soania & Arun Mathur

Cost: $40 per person (refund or tax receipt, if you attend)

To register, or for more information, please contact Diane Newman Reed at 1-800-565-3000 ext. 3303 or diane.newmanreed@parkinson.ca

Conference costs covered by a generous donation in honour of the Peterborough Chapter.

Find a Parkinson SuperWalk Near You!

Saturday September 8, 2012

Alliston: Riverdale Park (Saturday Sept. 15)

Bracebridge: Monck Public School

Collingwood: Harbourview Park

Guelph: First Christian Reform Church

Huntsville: Canada Summit Centre

Kingston: Kingston Memorial Centre

Markham: Toogood Pond

Mississagua: Living Arts Centre

Sudbury: Delki Dozzi Park (Saturday Sept. 22)

Thunder Bay: Intercity Mall

Sunday September 9, 2012

Barrie: Heritage Park

Belleville: Tom Gavey Pavillion

Brampton: South Fletcher's Sportsplex

Burlington: Burlington Seniors Centre

Durham Region: Rotary Park, Ajax

Hamilton: St. Peter's Hospital

Newmarket Aurora: Fairy Lake

Niagara: Lock 3 Welland Canals Parkway,
St. Catharines

North Bay: Rotary Picnic Shelter

Peterborough: Thomas A. Stewart Secondary School

Toronto: Earl Bales Park

SuperWalk

Fundraising Tips!

Go above and beyond asking friends and family for support! Here are some fun and exciting ways you and your team members can help fundraise for SuperWalk!

Bake Sale Perfect fundraiser for your office, church group, or social club. Have everyone bake their most delicious treat with all proceeds going to SuperWalk. Want to make it more interesting? Host a **Bake Off**—where people pay to taste the different desserts and then vote on their favorite one!

Garage Sale You know all that stuff that's been hanging around your house? Gather it up, put it in your front yard, and sell, sell, sell! Ask your neighbours to participate and make it a street sale in support of SuperWalk! ***No Yard? No Problem!!!*** Gather all your unwanted items and post them on eBay or craigslist.

Birthday Gift Pledge This is a very simple way to raise money, and it will be a lot easier for your family and friends to sponsor you instead of spending hours trying to find that perfect gift.

Host a craft workshop Use your creative talents to help others learn new skills! Teach others to scrapbook, quilt, bead, or even knit! Admission goes toward your fundraising efforts!

For more information on how you can get involved or host a SuperWalk in your community please contact Kim Murdoch, SuperWalk & Special Events Coordinator at 1-800-565-3000 ext. 3374 or kim.murdoch@parkinson.ca

FUNDRAISING FORM & WALK DAY INSTRUCTIONS

Register and fundraise using this form or online at **www. parkinsonsuperwalk.ca**

1. Complete the registration form and sign the waiver.
2. Print clearly and include full mailing addresses for your supporters.
3. Bring the completed form(s) and money to registration on walk day.
4. Cheques are payable to: Parkinson Society or Parkinson SuperWalk

PARKINSON SUPERWALK

PARKINSON SUPERWALK 2012 REGISTRATION FORM

WALKER INFO

Last Name__________ First Name__________ Walk Location__________

Address __________ E-Mail__________

City__________ Province__________ Postal Code__________ Telephone__________

Teams – Save time by registering online! ○ I am part of a team Team Name__________

WAIVER

I agree that I am participating in Parkinson SuperWalk (PSW) voluntarily and do so at my own risk. I hereby fully release Parkinson Society Canada (PSC), the corporate sponsors of PSW, and any other parties connected in any way with PSW, as well as their respective officers, directors, agents, employees, staff and volunteers, from all claims or lawsuits for any injuries, death, property damage or theft, losses, or any other liability of any kind, arising directly or indirectly out of my participation in PSW or any of the activities associated therewith. I consent to being provided with emergency treatment in the event of my illness or injury during my participation in PSW, and agree not to hold PSC responsible for any costs associated with such treatment. I consent to the publication and/or other use of my name, voice, photograph or other likeness without further notice or compensation in any publicity or advertisement carried out by PSC in any manner whatsoever, including print, broadcast, or the Internet. By signing below, I confirm that I have carefully read this Release and Consent and fully understand and agree to its contents.

Signature of Participant__________ Signature of guardian if under 18 years of age__________

INCENTIVE PRIZES There is a cost for Parkinson Society to provide incentives to our walk participants (Roots gift cards). Please indicate your choice, below.

If neither box is checked, your fundraising incentive will not be sent and the money saved will be invested to help Canadians living with Parkinson's. You will be included in the National Draws for prizes which have been generously donated.

☐ NO, please do not send me fundraising incentives so that more money can be directed to services in my region. I will be included in the National Draws.

☐ YES, please send me incentives.

PARKINSON SUPERWALK
CANADA'S LARGEST FUNDRAISER FOR PARKINSON'S
95 COMMUNITIES
$3 MILLION

DID YOU KNOW?

- Over 100,000 Canadians have Parkinson's.
- Parkinson's is a chronic, degenerative brain disease that affects every aspect of daily living for those with Parkinson's and their families.
- There is no known cause or cure for Parkinson's.
- The average age of onset of Parkinson's is 60, but it can affect people as young as 30 or 40.
- Parkinson's strikes men and women in every culture and race.

Parkinson Society Canada
Société Parkinson Canada
Since Depuis 1965

***Need Help? Call the SuperWalk Hotline* 1-800-565-3000 www.parkinsonsuperwalk.ca**

Cut here

PARKINSON SUPERWALK 2012 PLEDGE FORM

WALKER INFO

Last Name__________________________ First Name_________________________ Walk Location___________________________

PLEDGES ***Print clearly*** including full mailing address and postal code. If the information is incomplete, no tax receipt will be issued. Tax receipts will be mailed by February 28, 2013. Tax receipts will automatically be issued for all pledges $20+.

NAME	ADDRESS *REQUIRED*	CITY	PROV.	POSTAL CODE	PLEDGE
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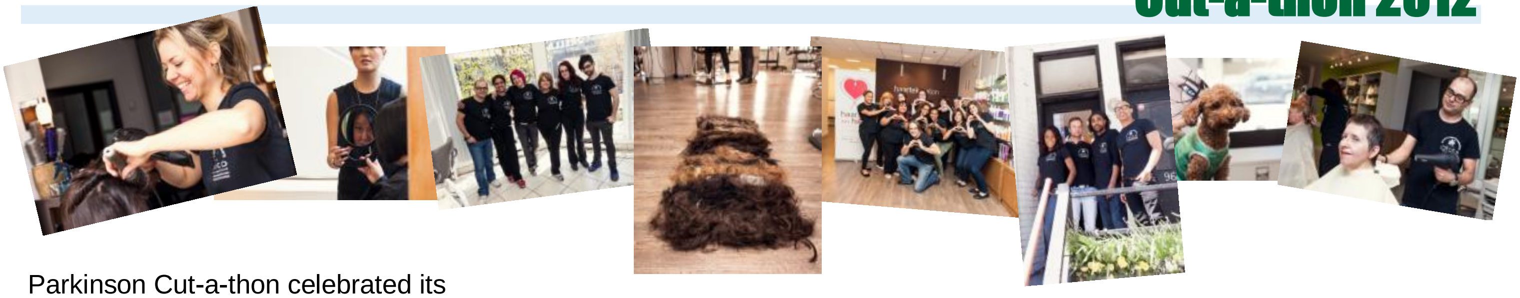
Copy this page if you need more space or download one at www.parkinsonsuperwalk.ca	PAGE _______ OF _______ PAGES			TOTAL COLLECTED THIS PAGE	$
				ONLINE TOTAL	$
Charitable Registration # 10809 1786 RR0001				GRAND TOTAL	$

PRIVACY STATEMENT Parkinson Society Canada collects personal information to communicate with supporters about initiatives/ fundraising. By providing your information, you give consent to be contacted. For a copy of our privacy policy call 1-800-565-3000.

THANK YOU FOR YOUR SUPPORT

Need Help? Call the SuperWalk Hotline **1-800-565-3000 www.parkinsonsuperwalk.ca**

Cut-a-thon 2012



Parkinson Cut-a-thon celebrated its 16th year in style, with hundreds of stylish new looks for supporters throughout the Central & Northern Ontario Region. This year, the event was hosted in salons in Barrie, Burlington, Bracebridge, Collingwood, Guelph, and Toronto, and included more then 300 appointments by 75 stylists raising over $15,000 throughout the region.

2012 featured new fundraising milestones, and very successful events in new areas throughout the Region, including Salon Red in Burlington, and Sassoon and Hair 2 Inc. in Toronto, amongst others. However, the story is perhaps best told through the lens of our longstanding supporters.

Yorkville saw over 140 appointments on a busy Saturday morning, and while things were hectic at Paul Pecorella Salon and Spa (who, along with Haartek Salon and Robin Barker Hair'Sociates, have been supporting the event for almost its entire duration), the passion and dedication to the event,16 years later, still shows through.

Manager Chiara Pecorella says, "We're just so pleased that we can donate the cuts, and the staff time—all of them are here raising money for a wonderful cause—for charity, we're always in for it!" A lot of times relationships run the risk of going stale after such a duration, but our supporters' enthusiasm and the exciting, dynamic nature of the event keep our salons and patrons coming back.

Sometimes, the clients keep coming back to the salons as well. CNO volunteers overheard many people promising to return to have their hair cut by their new favourite stylists, and we know that they often return to the salons as regulars. Nandi, a stylist at Paul Pecorella, recalls starting at the salon just two weeks prior to their first Cut-a-thon and meeting two wonderful clients—who have enjoyed her so much that they have been regulars now ever since. It is this type of reciprocal relationship that makes the event successful for participants, stylists, and the organization alike.

Thank you to everyone who participated!

Our Salons

Barrie**: Abstract THE SALON, Audies Hair Design, Envision Hair Studio, Giovanni & Perri, Hairscape, Shapes Hair Salon, Trendz, i.d. Hair Studio, Barrie College of Hair and Esthetics**

Bracebridge**: Classy Cuts Salon & Spa**

Burlington**: Salon Red**

Collingwood**: La Moda Salon, L'Attitudes**

Guelph**: Acqua Hair Salon, Apple Salon, Eros Hair Studio, Studio Gii, Bodh Salon**

Toronto**: Haartek Salon, Hair 2 Inc., Paul Pecorella Hair Salon & Spa, Robin Barker Hair'Sociates, Vidal Sassoon**

Many thanks to Pina Marfisi of Acqua Salon in Guelph for hosting and managing the event for over 20 years, and congratulations to Salon Red in Burlington for a great first-time Cut-a-thon.

Top Ten Reasons to Attend World Parkinson Congress October 1–4, 2013

1. **Be motivated by inspiring speakers**.
2. **Connect with, be understood by, and learn** from people living positively with Parkinson's.
3. **Share in the encouragement** of people from around the world who are touched by Parkinson's.
4. **Gain helpful resources** and tools while making new contacts and developing enduring relationships to help you and others deal with the challenges.
5. **Learn the best strategies, and share your insights** for coping effectively and positively.
6. **Experience the energy** of passionate scientists, researchers, and clinicians searching for a cure, exploring better treatment options, and creating a brighter future for people with Parkinson's.
7. **Interact directly with world-renowned presenters and panelists to get answers** to your questions.
8. **Empower yourself**. Empower others to make a difference in the lives of people with Parkinson's.
9. **Gain new awareness** about Parkinson's from leading clinicians and researchers.
10. **Enjoy the excitement of Montréal, Canada**, a world-class city where French meets English and the classic sophistication of Europe is reshaped by convivial Canadian character.

www.worldpdcongress.org | info@worldpdcongress.org | 800.457.6676

Calling all artists!

We are accepting electronic images of your art for the 2013 Hope on Display Calendar! Send your high-resolution images to debbie.davis@parkinson.ca for consideration to be included in the 2013 Hope on Display calendar. Deadline for submissions is August 15, 2012.

Your legacy will change lives.

Parkinson Society Central & Northern Ontario
Société Parkinson du Centre et du Nord de l'Ontario
1-800-565-3000 ext. 3378 www.parkinsoncno.ca

Please help us to build a future without Parkinson's.

Wanted: Support Group Facilitators

We are looking for volunteers to facilitate monthly support groups to provide education and support to persons with Parkinson's, members of their families, and/or their caregivers in dealing with the challenges of living with the condition.

We encourage group members to share experiences, ideas, and feelings; address challenges; develop supportive friendships; and receive current information.

These groups are held once a month in the evening on weekdays.

Training will be provided. Our next training session is scheduled soon. Once training is completed, the commitment is 3—5 hours per month.

Background in nursing, social work, physiotherapy, speech language pathology, and/or another medical aspect of Parkinson's disease is an asset. Experience in facilitation of groups or meetings is also an asset. Active Seniors are welcome!

Contact Louise LeBlanc at 416-227-1200 ext. 3304 or louise.leblanc@parkinson.ca.

Did you know?

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

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