

the Parkinson --- press

November 2017



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 Parkinson Canada

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Editorial Statement

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 Parkinson Canada

What We Do

We are the voice of those living with Parkinson's in Saskatchewan.

Support Services — we provide support and hope to people diagnosed with Parkinson's disease through our 13 support groups throughout Saskatchewan, through our staff and our toll-free support line.

Education — we provide educational services to those living with Parkinson's disease, their care partners, healthcare professionals and the greater community. We do this through print and online resources, training initiatives, and our annual Educational conference.

Advocacy — we advocate on critical issues affecting those living with Parkinson's, raising awareness for better care and protection.

Research — we fund research through our Parkinson Canada Research Program to work for a better life with a brighter future for people living with Parkinson's today and a world without Parkinson's tomorrow.

We inspire hope!

Support Groups Northern Saskatchewan:

Humboldt	Prince Albert
Kindersley	Saskatoon
Lloydminster*	Spiritwood
North Battleford	Tisdale
Outlook	

Support Groups Southern Saskatchewan:

Estevan	Regina
Moose Jaw	Swift Current
Moosomin	Yorkton

~ for information on Support Groups please contact Jennifer (North) or Kelly (South).

~ A *Support Person* is available for Watrous and Young Onset (contact the office)

* administered by Parkinson Alberta

Cover photo courtesy of Troullioud Fotografie



MOVING IS GOOD FOR YOU!

They say moving is good for you -- and if you're living with Parkinson's, then moving and exercise are essential! That is why

we are so excited to hear the great reports from the Creative Dance Movement for Parkinson's program in Regina. Fran Gilboy of Fada Dance started this program with a one-year grant from the Sask Arts Board. Fran will be joining us at our Education Conference in Saskatoon this April where she will show us how fun moving can be.

However, moving isn't always fun.

The Saskatoon office moved this September. The Duchess Street location served us well for the past five years, but our lease was up and we needed to find a new place to "hang our hat."



We moved right after SuperWalk this year which made for a very busy time. We are happy that it's all done.

The surprising thing in life is that even the things we often don't want, have some benefit -- for us, it was the purging of out-dated resources, unneeded equipment and becoming better organized. Our hope is that we will be better at serving you as a result.

If you're in Saskatoon, feel free to stop by our new office:

**#110B - 2103 Airport Drive
Saskatoon, SK
S7L 6W2**



It may be a little hard to find until our new signage is installed but we are kitty-corner to the Saskatoon Inn (the Saskatoon Inn happens to be the location of our Education Conference in 2018).

Let me encourage you to keep moving (as in exercise), and if you are moving (relocating) or facing some other undesirable task, look for the benefit -- chances are you'll find it.

Hope to see you at our conference this spring. Until then remember, we're here to help.

Todd MacPherson

 Parkinson Canada

*Education
Conference*

April 27-28, 2018 | Saskatoon Inn



Regina **DANCE** Program

Dance offers a creative outlet for those living with Parkinson's Disease and aims for mental and physical development through an aesthetically informed artistic experience instead of teaching in response to symptoms. The Parkinson Regina Chapter Support Group and dance artist, Fran Gilboy, have joined forces to create the first creative dance class for Parkinson's Disease in Saskatchewan. These classes are joyful in their approach and set aesthetic and expressive goals without striving for perfection. They emphasize the use of imagery to invoke a wide range of



Fran Gilboy leads the class in dance exercises

specific, contrasting movement qualities as well as techniques to develop strength, balance, coordination, rhythm and grace. The essence of dance is joyful in nature and we will move into that place together through the values of innovation, creativity, community and mutual respect. CDPD classes are created so that people in all stages of Parkinson's Disease are able to participate.

This project has the ability to strengthen the Parkinson's community in Regina and

the province of Saskatchewan by bringing participants together through this collaborative creative opportunity. Focusing on art as therapy can generate an experience of deep, authentic healing. Memories and experiences are being established together, carrying the potential to vitalize relationships in the community as well as in the family and relieve depression and feelings of isolation that can occur with Parkinson's. The Creative Dance for Parkinson's Project will put Saskatchewan on the map as a leader in supporting arts programming for Parkinson's Disease.

The dance classes are set to run from September 2017 to April 2018, typically every 2nd Monday at 2 pm at The Regina Public Library - Sunrise Branch. The classes will be free of charge for this pilot project, and the project will be mainly promoted, but not limited to Regina residents.

In addition to dance being beneficial for those afflicted with Parkinson's, family members and caregivers can benefit from the opportunity to see loved ones articulating their being in a way that expresses joy and creativity. Spouses, friends and caregivers are very welcome and encouraged to attend the classes as well.

Please join us in this exciting and innovative project as we explore movement together to fantastic music with friendly folk! We laugh lots together as we move together.

Fran Gilboy



Saskatchewan Resident Honoured as Parkinson SuperWalk's National Hero for 2017

TORONTO, ON – August 25 - In keeping with its 2017 Parkinson Superwalk Theme, Everyday Heroes Extraordinary Hope, Parkinson Canada is proud to name a new 'National Hero' for the event.

Ardyce Glessing of Wadena, Saskatchewan takes over the title from 2016 Hero Blake Bell of Toronto, Ontario. Her nomination was selected from more than 75 entries received over the four week period of the contest.

Nominators were asked to submit a few brief words on someone in their life who exhibits characteristics of Parkinson heroism. The nominations took many forms, but the common thread is a resolve to live life to the fullest and to not let a diagnosis of a chronic, progressive neurodegenerative disorder define them.

All nominees share an innate desire to stand up to Parkinson's, and to never give up. Ardyce Glessing has been living with Parkinson's for nine years and is a fitting embodiment of those characterises.



Ardyce and her daughter Kerrie.

In her own words, Glessing shares what being a Parkinson's hero means:

“When someone has Parkinson's the whole family and everyone who loves them does too. I did not really know anything about it until being diagnosed July 7th, 2008, a day that will always be etched in my mind. Parkinson's changes everything. Some days doing the best we can will fall short of what we would like to do. We must not dwell on what we can't do and be thankful for what we can.

You may see me struggle but you will never see me quit, we must keep going! To me, that is the key to living well with Parkinson's.”

Adryce Glessing led the Saskatoon, Saskatchewan walk in person on Sunday, September 10 at Meewasin Park and lead her nationwide peers in spirit on September 9 and 10.





Shake Rattle & Roll

7th Annual

St. Gregor, SK

Saturday June 24, 2017

Motorcycle Rally for Parkinson's Disease

In support of  Parkinson Canada

Motorcycles, pancakes and pies, oh my!

Another Shake, Rattle and Roll success thanks to the committee, volunteers riders and the wonderful community of St. Gregor!

John Keifer was diagnosed with young onset Parkinson's at the age of 41 years old. John, Wanda and their two children, with the help of family, friends and their community, decided to host a motorcycle rally to raise funds and increase awareness about Parkinson's disease. It was such a success they decided to do it again next year, and that was seven years ago. With a pancake breakfast, a motorcycle rally and multiple auctions (the pie auction being my favourite), the event has raised over \$175,000 for Parkinson's research in its seven years.

Each 'Parki' finds their way of fighting back against Parkinson's, the Shake, Rattle and Roll has been part of the Keifer's way, and its given their community a way to rally around them. How do you fight back?



Wanda & John Keifer

2017 marked the final year for the Shake, Rattle and Roll; as they say, all good things must come to an end. We want to thank Wanda & John Keifer and all the volunteers (pictured below) for raising funds, raising awareness and continuing the fight against Parkinson's disease.



Simple Tips to Reduce the Risk of Falling

Parkinson's disease (PD) affects the parts of the brain controlling balance and coordination. As a result, balance and coordination adjustments that were once automatic may now require conscious effort. As well, some drugs used to treat PD can lower blood pressure, causing a feeling of faintness when getting up from a sitting or lying position. Difficulty with balance and/or low blood pressure can increase the risk of falling and fractures, both of which can be serious.



215

older adults are hospitalized
each day because of a fall.



85%

of seniors' injury-related
hospitalizations are from falls.



\$2 Billion

a year in direct health care
costs from falls.

Am I At Risk?

- Have you had a fall or stumble in the past 6 months?
- Do you do less than 30 minutes of physical activity a day?
- Are you taking 4 or more medicines?
- Do you find it difficult to get up from a chair?
- Once you get up from a chair, do you have trouble walking?
- Are you taking sleeping pills, sedatives, or antidepressants?
- Has it been more than 6 months since your doctor or pharmacist reviewed your medications?
- Do you have diabetes, arthritis or Parkinson's disease?
- Have you had a stroke or do you have problems with your heart or circulation?
- Has it been more than 12 months since your eyes were tested or your glasses were checked by an optometrist?
- Are there times when you are dizzy, light-headed, unsteady, drowsy or have blurred or double vision?
- Do you have a pet?

If you answered "yes" to 1 or more of these questions, you are at risk of falling. The good news, there are things that you can do to reduce your risk and take control of your safety and independence.

Injuries due to falls rose 43% between 2003 and 2008, good reason for everyone to take extra precaution against falls. The good news is that most falls are preventable. There are simple, actionable steps that you can do to actively reduce your risks and prevent falls.

Check out the Fall Prevention Action Steps on page 13.

WINTER TIPS:

- Choose a good pair of well-fitting, non-slip winter boots.
- Keep sidewalks and stairs free of ice and snow.
- Use handrails whenever available.
- Use a cane or walking poles for stability and increased grip.
- Stay active - stretching and exercise help prevent falls.
- Don't hesitate to ask for help.

Parkinson SuperWalk

is a celebration of life, family, support & hope.

STATISTICS

2.25 **MILLION**
raised across
Canada last
year

5 **WALKS**
- **SWIFT CURRENT**
REGINA
SASKATOON
MOOSE JAW
& **ESTEVAN**

OVER 400
participants & volunteers

OUR TOTAL
\$125,000
provincially

An estimated

4000
people in Saskatchewan have
PARKINSON'S DISEASE



Thank You

We know we've said it before, but we need to say it again. Thank you! Thank you to all our walkers, donors, sponsors and volunteers for making the 2017 SuperWalk a great success.

SuperWalk

This September more than 10,000 participants and 4,000 registered walkers joined together from coast-to-coast to support a better life today for Canadians living with Parkinson's, and a world without Parkinson's tomorrow.

Saskatchewan

Thanks to you, we surpassed our Saskatchewan fundraising goal raising over \$125,000 in Saskatchewan and more than 2.25 million across Canada. Your support fuels innovative, discovery research that holds the key to unlocking the mysteries of Parkinson's disease.





EVERYDAY HEROES. EXTRAORDINARY HOPE.



Janice Boucher wins gold at the World



When Janice Boucher was diagnosed with Parkinson's disease, many things changed. Always a competitor, the impact upon her participation in sport was keenly felt. But the perseverance that made her successful in sport helps her address the challenges she faces with Parkinson's. Janice observes, "you need to be able to keep going and realize that there are other doors that will open and people that can help."

Three years after being diagnosed with Parkinson's disease, Janice and her teammate won gold at the 2017 World Para Reining International Championship in Ermelo, Netherlands.

Janice had the privilege of hearing our Canadian national anthem played while standing on the podium, "it was an emotional experience," Janice said, "I feel very proud and honoured to be on Team Canada representing my country and having such an accomplished rider as my teammate. We work

well together and Lauren is an inspiration to me." Having won the team silver in Oklahoma last year, both Janice and her teammate Lauren Barwick knew what it would take to make the podium at the Worlds.



Saskatoon Blades Hockey Fundraiser

The Saskatoon Blades Hockey Club and Parkinson Canada - Saskatchewan are partnering during the 2017-2018 Blades Season to raise awareness and funds for Parkinson's disease. By purchasing Blades flex tickets through Parkinson Canada, a portion of the ticket price goes back to Parkinson Canada.

Blades flex tickets are undated ticket vouchers that can be used at any one of the Blades 36 home games. Adult flex tickets are \$20 and Youth/child (17 and under) are \$12. Simply bring them to SaskTel Centre Box Office to redeem them for a specific game that you want to go to.

At the Blades game on Saturday, March 10th Parkinson Canada will be taking home a portion of the 50/50 and be set up on the concourse. Make sure to purchase 50/50 tickets that game.

For more information about this fundraiser contact Samantha Lapointe with the Saskatoon Blades at samantha@saskatoonblades.com. To purchase your tickets contact the Parkinson Canada-Saskatchewan office: (306) 933-4481 or email: michelle.carlson@parkinson.ca

GO BLADES!!

#RISEWITHUS

Para Reining International Championship

Janice went on to win gold in the individual competition as well. “My motivation comes from my wonderful and supportive family, and the desire to be able to ride and show my beautiful horse as long as possible.”

Janice is from Prince Albert, SK and her teammate, Paralympian Lauren Barwick, hails from Langley, BC.



Janice and her daughter Dominique Dryka



Paint Nite

The Regina SuperWalk volunteer committee hosted a sold out Paint Nite fundraiser on August 28 with partial proceeds being donated to the Regina SuperWalk. At Paint Nite, an experienced instructor helps the participants, step-by-step, to create their own painting. Thank you to the committee and everyone who attended for helping create change for Parkinson's disease.



The photo that was painted by participants.

Advocating for Improved PD Care in SK

Joyce Gordon, CEO of Parkinson Canada, and Julie Wysocki, Director of the National Research Program, travelled to Saskatchewan in late September for a series of meetings. Over the course of 2.5 days we met with the Ministers of Health, Drs Ali & Alex Rajput, Dr Ivar



The Honourable Greg Ottenbreit, Todd MacPherson, Joyce Gordon, Julie Wysocki, and the Honourable Jim Reiter.

Mendez, Dr Michael Levin, the Population Health Branch of the Government of Saskatchewan, the Saskatchewan Health Research Foundation, and Parkinson Canada funded researcher Dr. Christopher Phenix. It was a very busy couple of days.



Remote medicine with Dr Ivar Mendez.

The purpose of these meetings was to network and advocate for improved Parkinson's care in Saskatchewan. During our meeting with the Ministers of Health, we raised the subject of a multi-disciplinary clinic for neurodegenerative diseases. We would love

to see the approach to Parkinson's care to have all the various health professionals as part of one collaborative clinic. This would align with the desire of other neurodegenerative health charities in the province (e.g., the MS Society - Saskatchewan).

The Honourable Jim Reiter saw the value of such an approach to care and would be open to further information. A meeting with Dr Ivar Mendez, PD researcher and the Head of Surgery at the U of S, and a further meeting with Dr Michael Levin, MS Clinic Research

Chair furthered this discussion.

An integrated, patient-centred healthcare approach would dramatically improve the quality of care, reduced disease complications, and open new opportunities for research.

The idea is in its early stages, but we are hopeful that we will see the creation of a multi-disciplinary neurodegenerative clinic in Saskatchewan.



Julie Wysocki and Todd MacPherson getting a tour of the Saskatchewan Centre for Cyclotron Sciences and the radioisotope research of Dr Christopher Phenix.

9th Annual Lows in Motion “Shaker”

It was an incredible night at the 9th Annual Lows In Motion Parkinson’s “Shaker” presented by Ens Auto! There were a ton of laughs, great conversations and even better dance moves -- it was the best Shaker yet. Plans are already underway for the 10th anniversary Lows in Motion.

Over the past 9 years, Lows in Motion has contributed over \$525,000 to Parkinson Canada - Saskatchewan. We are beyond humbled by the number of people who support these efforts year after year. Your generosity continues to help the people of Saskatchewan face the daily struggles that living with Parkinson’s creates.

Your support continues to fund innovative research which holds the key to unlock the mysteries of Parkinson’s disease, to improve the quality of life through better treatments, and to move us closer to a cure.

Beyond research, these funds have allowed us to increase the number of staff providing education and support in Saskatchewan, increase the number of support groups throughout the province and empowered more people to live well with PD.



Thank you to Ens Auto and all of our sponsors. Thank you to the Lows in Motion committee for their herculean efforts to produce such a first-class event. And thanks to each person who has participated in any of the past 9 events.

Together we are creating a better life for those living with Parkinson’s today, and a world without Parkinson’s tomorrow, thank you.

**You can receive *The Parkinson Press*
by mail or by email.
Call 306-933-4481 to
make changes.**

Fall Prevention Action Steps:

- Get your blood pressure checked regularly.
- Remove throw rugs and low-lying obstacles from pathways inside and outside your home.
- Avoid using stepladders and stools.
- Don’t get up from sitting or lying too quickly.
- Use a cane with a large base or walker with brakes.
- When walking, stand as straight as you can and walk with your feet a little wider apart than normal.
- Wear comfortable shoes with good arch support. If you shuffle, avoid shoes with rubber or crepe soles.
- Pay careful attention to changes in ground surfaces (e.g., curb to pavement or carpet to bare floor).
- Consult a physiotherapist or occupational therapist. A therapist can assess your overall safety and mobility, and also teach you and your care partner what to do if you fall.

Take action to reduce your risk of falling. We hope you have a good, safe winter. If you would like more information on Fall Prevention please contact Parkinson Canada or your local Health Region. Parkinson Canada @ 1-800-565-3000.

National Sponsors



Everyday Hero Sponsors



Thank you to all our
SuperWalk Sponsors!

SASKATOON
MEDIA GROUP



Joseph Alfred Remail Family Foundation Inc.



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Jill Apshkrum
Photography



Brighter Future Sponsors



Saskatoon Parkinson Support Group

Better Life Sponsors

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Brewed Awakening	Booth Burnett	T N T Family Restaurant	Personal Assistant
Wheelhouse Cycle Club	Papa John's Pizza	Party Pak	Crescent Point Energy
Opex	Dairy Queen	City of Swift Current	Dr. Kim Kennedy Alpine Dental
Street Culture Kidz	Moose Jaw Co-op		

In Memoriam

We offer our sympathy to the families, friends and communities who have lost loved ones over the past months, and we extend our sincerest thanks to those who have donated in their memory.

Dave Davis	Sheryle Roberts
Edna Irvine	Sylvia Shepherd
Marilyn Jacobi	William Snook
Ruth McGill	Marilyn Zbytovsky
Irene Beatrice Nordin	

*Those we hold closest to our hearts
never truly leave us.
They live on
in the kindness they have shared
and the love
they brought into our lives.*

Author Unknown

SAVE THE DATE



November is Fall Prevention Month

Parkinson's Disease & Stress Management Webinar (Nov 14)

Surviving the Holiday Webinar (Dec 12)

Check the Parkinson.ca website for more details or call 1-800-565-3000

Saskatoon Office closed between Christmas and New Years

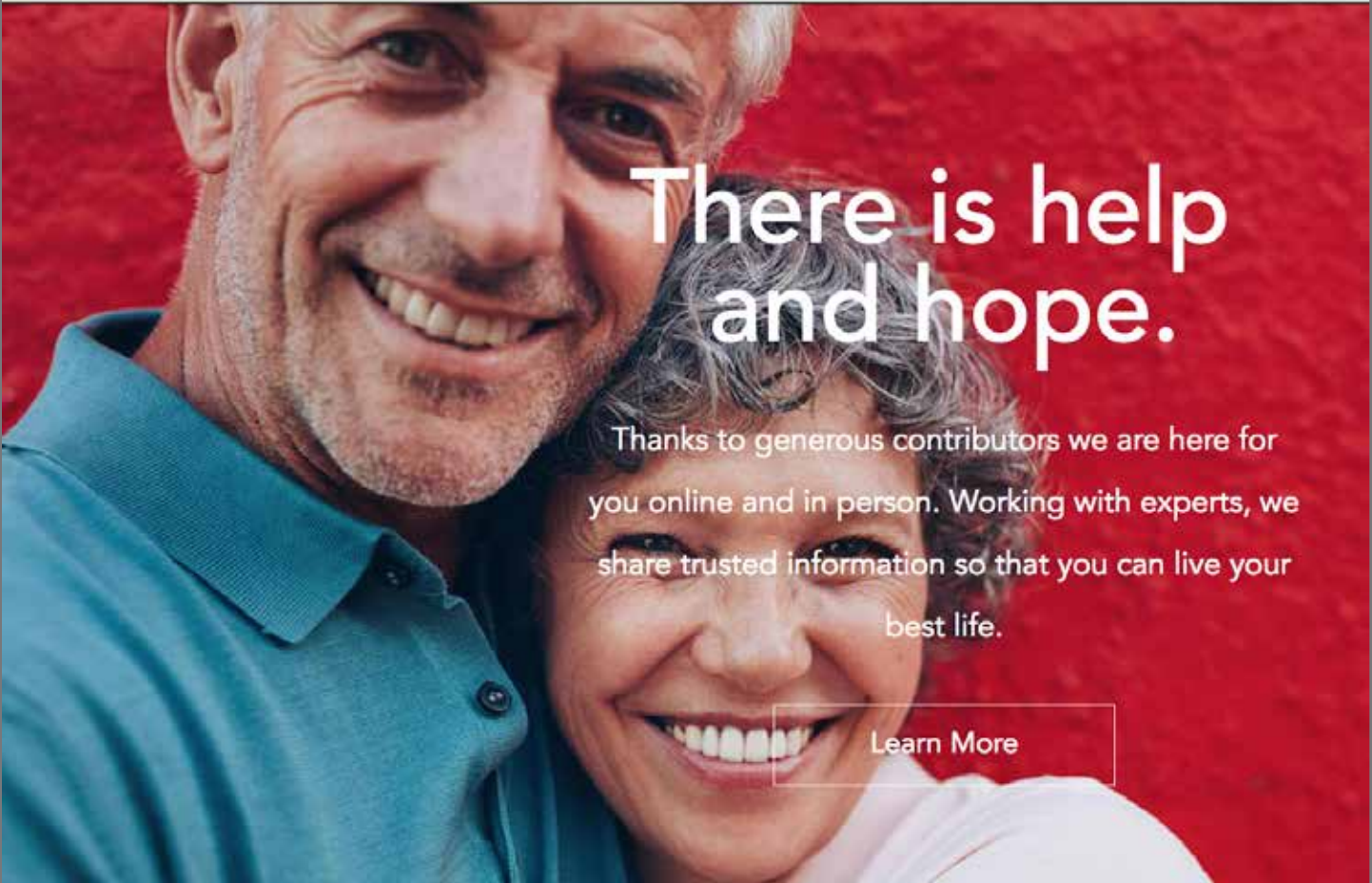
April is Parkinson Awareness Month

2018 Education Conference (Saskatoon) - Apr 27th - 28th

Check out the new www.parkinson.ca website!

 Parkinson Canada

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and hope.

Thanks to generous contributors we are here for
you online and in person. Working with experts, we
share trusted information so that you can live your
best life.

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PARKINSON'S



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