



CELEBRATING **LIFE**

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February 2016 

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Editorial Statement

The views and opinions expressed within the pages of *the Parkinson Press* are not necessarily those of Parkinson Canada. Articles contained in herein are for information only. Parkinson Canada does not guarantee nor endorse any product or claim.

In matters of medical treatment, therapy, or diet, individuals should consult their physicians and other health care professionals.

 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 in cooperation with Parkinson Society Canada and other Parkinson organizations 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

Support Groups Southern Saskatchewan:

Estevan	Regina
Moose Jaw	Swift Current
Moosomin	Yorkton

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

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

* administered by Parkinson Alberta



COMING TOGETHER TO SERVE YOU BETTER!

I wanted to take this opportunity to share with you the exciting way we are coming together to serve you better.

Over the past several years, the various Parkinson Societies across Canada have operated as a federation. This federation has allowed us to do a number of things more effectively such as advocacy and research. However, we believe we can do better. Those of you living with Parkinson's disease are some of the most inspiring people we have ever met; you embrace life with passion, enthusiasm, and hope. We believe you deserve better - better support, improved educational resources, increased advocacy, and a massive commitment to research.

After considerable deliberation and consultation, we concluded that our best path forward is for us to become one streamlined and stronger organization across Canada. We believe that, as one Parkinson organization, we can increase fundraising, streamline administration, contain costs, ensure sustainability, and be stronger together. On December 19th, by a unanimous vote, the membership of Parkinson Society Saskatchewan approved the board of director's recommendation to amalgamate with five other Parkinson Societies to create one new

organization, **Parkinson Canada**.¹ Going forward, you will notice that we have the same tulip logo but that our name has changed from Parkinson Society Saskatchewan to Parkinson Canada.

As a staff, we are very excited about this move, as it will allow us to increase the way we serve our facilitators, our support groups members and the greater Parkinson community in Saskatchewan. We are the same staff members - Jennifer & Michelle in Saskatoon and Stephanie in Regina - but with additional support from staff across the country. We will offer the same educational services, conferences, and resources with the addition of webinars, videos, and resources from across the country; and, we will increase our financial commitment to research as our fundraising grows.

If you have any questions about this change, please don't hesitate to contact me or any of the staff. You can reach me by phone: 306-933-4455 or email todd.macpherson@parkinson.ca.

Please enjoy this newsletter and we hope to see you this spring at our Education Conference.

Todd MacPherson

Coming together to serve you better.

¹ Parkinson Canada is made up of Parkinson Society Saskatchewan, Parkinson Society Manitoba, Parkinson Society Central and Northern Ontario, Parkinson Society Canada, Parkinson Society Eastern Ontario, and Parkinson Society Maritime Region.





APRIL IS JUST AROUND THE CORNER

April is Parkinson Awareness month around the world. World Parkinson's Day is observed every year on April 11th, marking the birthday of Dr.

James Parkinson, the English physician who first described the symptoms of the disease in his work titled, *An Essay on the Shaking Palsy* (1817). At the time Dr. Parkinson wrote his essay, there was virtually no effective treatment. Author and doctor Patrick Lewis writes, *I think James Parkinson would marvel at the progress that has been made in diagnosing, understanding, and treating the condition that now bears his name.*

Great progress has been made, particularly in the last 50 years, but we are not where we need to be -- the understanding and cure of Parkinson's disease. This is why Awareness month is so important. We need to raise awareness within our communities, with healthcare professionals, and with government officials about Parkinson's disease, its challenges and its people. And possibly more importantly, we need to raise awareness to reach those recently diagnosed, letting them know that they are not alone! We encourage each of you touched by Parkinson's disease to find some way to raise awareness this April.

Parkinson's has no borders. There are an estimated 10 million people worldwide living with Parkinson's disease. In Canada, ten people are diagnosed with Parkinson's disease every day, causing the number to double by 2031. Parkinson Canada is setting some big goals to raise awareness, improve our education and support services and grow our fundraising efforts that we might multiply our research dollars.



Thank you to each of you for your continued support and encouragement. You are the reason for all we do. Together we are creating *a better life with a brighter future for people living with Parkinson's today, and a world without Parkinson's tomorrow.*



The story of the Parkinson Tulip began in 1980 in the Netherlands when J.W.S. Van der Wereld, a Dutch horticulturalist living with Parkinson's disease, developed a red and white tulip.

In 1981, Van der Wereld named his prized cultivar, the 'Dr. James Parkinson' tulip, to honour the man who first described his medical condition and to honour the International Year of the Disabled.

The tulip received the Award of Merit that same year from the Royal Horticultural Society in London England, and also received the Trial Garden Award from the Royal General Bulb Growers of Holland. It is described as a flower: 'exterior, glowing cardinal red, small feathered white edge, outer base whitish; inside, currant-red to turkey-red, broad feathered white edge, anthers pale yellow'.

On April 11, 2005, the Red Tulip was launched as the Worldwide Symbol of Parkinson's disease at the 9th World Parkinson's disease Day Conference in Luxembourg.

Contact us for your Community Awareness Kit



QUESTIONS ABOUT THE CHANGES

Change brings questions. We thought we would take a moment to answer some of the questions we have received.

Q: What are the benefits to forming Parkinson Canada?

A: We see four primary benefits:

1. Increased service to those living with Parkinson's
2. Increased fundraising, with the goal of increasing Research dollars
3. Increased staff collaboration
4. Reduced administration time and costs

Q: How will this affect staff and services in Saskatchewan?

A: We will have the same staff and we will have the same budget. And we will increase our services! In fact, we already have.

- In December we provided the webinar *Taking Care of Yourself Through the Ups and Downs of Caregiving*.
- In January, we expanded across the country the *Lunchtime chats with Sandie* monthly teleconference program.¹
- We have increased our informational and educational services. Jennifer and Stephanie do an excellent job at providing these services to the people of Saskatchewan, but even they don't know everything. With the move to Parkinson Canada, we now have the active support of the informational and educational experts in our Ontario offices at our disposal, and they are available for you as well.
- We are increasing our services in both official Canadian languages as well as providing educational resources in German, Italian, Spanish, Chinese and Punjabi, as you know,

Parkinson's is no respecter of race or gender (www.parkinson.ca/OtherLanguages).

And that's not all. We have plans in 2016 to introduce new webinars and educational sessions throughout the country.²

Q: Do funds raised in Saskatchewan stay in Saskatchewan.

A: No they do not, at least not all of them. For years we have been passionately contributing to the National Research Program, to advocacy issues at our Nation's capital and contributing our small part to the development of educational resources, we contribute funds to each of these important priorities.³ Of course, a significant portion of funds raised in Saskatchewan stay in Saskatchewan providing educational resources and presentations, developing our support groups, raising awareness, and investing in fundraising. It is our passionate commitment to increase our services, our education, our awareness initiatives and our fundraising here in Saskatchewan.

Q: What about the regions that didn't join Parkinson Canada?

A: There are several regions that chose to not join Parkinson Canada and we respect that decision by their respective boards. We are actively pursuing partnerships with those regions wherever possible. While we may have some different views, we passionately share the same dedication to create *a better life with a brighter future for Canadians living with Parkinson's today and a world without Parkinson's tomorrow*. It is also worth noting that Parkinson Canada is a truly pan-Canadian charity with our national programs, fundraising, educational and support services active in every province and territory of Canada.

(continued on page 6)

¹ Sandie is a Registered Nurse with 15 years experience in Parkinson's.

² For more information on any of these programs, please contact jennifer.schoeck@parkinson.ca.

³ Go to www.parkinson.ca and click on "Research" to learn more about our research program.

Lunchtime Chats with Sandie Jones, RN

March 9th @ 12noon EST “Partnering with your doctor for the best results.”

(2nd Tuesday of every month)

Check our Facebook Page for more details!



QUESTIONS

(continued from page 4)

Q: What happens to the PSS Board and the PSS membership?

A: Parkinson Canada is a new organization which requires a new board; the Parkinson Society Saskatchewan board will form a regional advisory board/committee. Similarly, with recent changes in charitable governance and legislation, we need a different approach to membership; a smaller membership that can meet the requirements of being actively present and engaged in key organizational decisions. All of this is a work in progress, so please be patient with us, as we hope to have everything functional by mid-2016.

If you are interested in greater engagement in the work of Parkinson Canada, please contact us by phone or email.

We hope to have answered most of your questions though maybe not all of them. If you do have any other questions, please don't hesitate to ask us.

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Q: Who answers the phone now? (Or, who you gonna call?)

A: You will be able to use all the same Saskatchewan numbers that you currently use. We are rolling out an interconnected phone system across our all our Canadian locations to allow us to easily connect callers with the staff that can best provide the services they want and need. And finally, we are introducing one national toll-free number to make it as convenient as possible for people to get the support they need. We believe this will be of particular benefit to the newly diagnosed, whether they live in Halifax, Kingston, Brandon, Estevan, or anywhere else in Canada.⁴

Let me close by mentioning something you already know. We have an excellent staff here in Saskatchewan, but we do have a challenge; we have a small team and only so many hours in the day. This is why we are so excited about becoming Parkinson Canada; we are already experiencing the increased support from this amalgamation and we believe that you will experience it as well.

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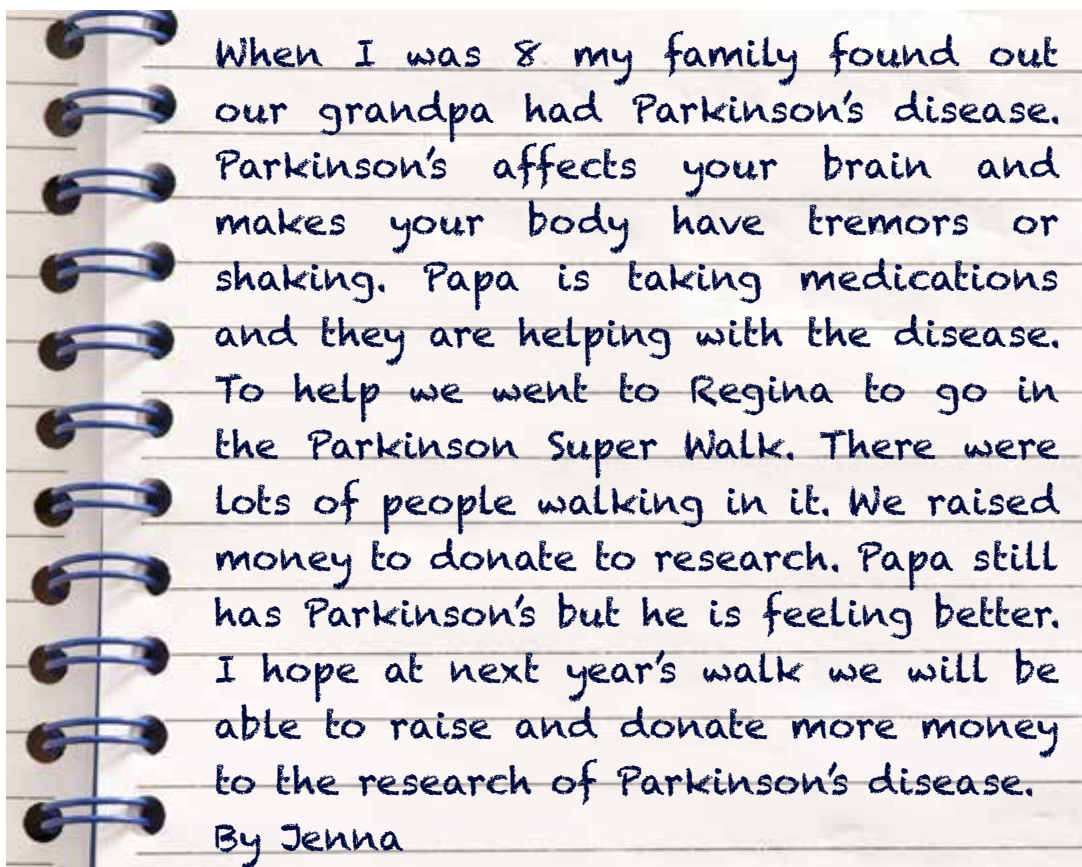
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306-545-4400

⁴ This national toll-free number will serve alongside our Saskatchewan toll-free number.

JENNA AND HER PAPA

A number of months ago, our Parkinson office received a \$500 donation from a Grade 3 student named Jenna. This was the second notable gift from Jenna, who earlier had donated \$250. Jenna had entered the SaskTel Pioneers Giving Book Contest, winning both the regional and provincial portions of the event, and donating the proceeds to Parkinson Society Saskatchewan. The grade 3 students were to write an essay about how they volunteered, Jenna wrote about participating in

the Parkinson SuperWalk to support her papa, Rick Klippenstein, who has Parkinson's disease.



Congratulations Jenna on winning and thank you for supporting your grandpa and all those who live with Parkinson's disease!



CELEBRATING LIFE *education conference*

April 16, 2016
Saskatoon Inn

 Parkinson Canada



The 4th Annual Celebrating Life Education Conference

is more than just an education conference. It is designed to be an inspirational, interactive and empowering day where experts and speakers will share their knowledge and experiences with people with Parkinson's disease, their care partners and interested members of the community. We look forward to seeing you there.

Saturday, April 16th ~ \$65 per person

8:30am Registration ~ 9:30am - 3:00pm Conference

Saskatchewan Ballroom, Saskatoon Inn

Registration Deadline: April 8th

To register, please RSVP on registration form

or contact 306-933-4481 or
michelle.carlson@parkinson.ca

**Pre-Conference
Event**

Keynote Address: John Baumann

John Baumann is an inspirational speaker, author, adjunct professor and attorney who just so happens to have had Parkinson's since 2002 at 41 years young. He and his wife, Bernadette, have traveled the world inspiring members of the Parkinson community as well as family care partners. John is passionate about healthy diet and exercise, particularly boxing.



John's basic message is, whatever hand life deals you, whatever life-changing adversity you have to endure, there are ALWAYS things that you can do, things that you still have some control over to not just live well, but live an AMAZING LIFE filled with purpose.

John's book is entitled: *Decide Success: You Ain't Dead Yet - Twelve Action Steps to Achieve The Success You Truly Desire* (2011).

Clinical Plenary: Dr. Ivar Mendez

Dr. Mendez, internationally known for his work in cell transplantation for Parkinson's disease and the use of remote presence robotics in neurosurgery and primary health care, will be our clinical speaker. The U of S recently announced a neurosurgery research partnership between Dr. Mendez and Dr. Isacson of Harvard. We are eager to hearing more about this research.



Dr. Mendez is the Fred H. Wigmore Professor and Chairman of Surgery at the University of Saskatchewan and the Unified Head of Surgery for the Province of Saskatchewan.

He is also the president and founder of the Ivar Mendez International Foundation that is dedicated to providing health and educational assistance to children in the Bolivian Andes. He is a photographer and sculptor and has published 4 books of photography.

Friday, April 15th Art Gala Night

celebrating the talent and creativity that exists in the Saskatchewan Parkinson's community, including a sampling of the art of Dr. Mendez. We will be exploring the powerful relationship between art and dopamine with a number of artists displaying their work. Please join us.

Friday, April 15th
7:00pm - 9:00pm
Canadian Room, Saskatoon Inn
\$25 per person
Decadent dessert reception included
(Cash Bar)



To register, please RSVP
on registration form
or contact 306-933-4481 or
michelle.carlson@parkinson.ca

CELEBRATING LIFE *education conference* Parkinson Canada April 16, 2016 Saskatoon Inn

Workshops

Disability Insurance & Financial Planning ~ Dean Bernard

Dean Bernard is a Financial Consultant with the Investor's Group who specializes in offering valuable advice on investing, insurance and retirement planning. Dean is experienced with the Registered Disability Tax Credit and financial planning for people with disabilities.

Every Life Has a Story ~ Lisa Greig

Honour it. Share it. Celebrate it. Lisa Greig is dying, but then again, so are you. She believes that by embracing our own mortality we will live more fulfilling, passionate and purposeful lives. She is a social worker and practicing clinician in Saskatoon. Lisa is passionate about all things life and death, focusing her business *Silver Linings Events* on the topic. So, why should we talk about death? What are the barriers that prevent us from having these conversations? Why do we avoid something that we all have in common? These questions and many more have become a part of Lisa Greig's passion and practice.

Tai Chi for Parkinson's

We are introducing Tai Chi as our exercise break at this year's conference. Research has shown Tai Chi to be an excellent exercise for those living with Parkinson's contributing to posture, balance, mobility and cognitive improvement.

Accommodations



**Saskatoon Inn
& CONFERENCE CENTRE**

**Saskatoon Inn
2002 Airport Drive
Saskatoon, SK**

Conference Rate:
\$135 (double occupancy)
for Friday, April 15th
*Limited rooms available under
Parkinson Canada*

**Cutoff date for booking:
March 14, 2015**

To book a room
Phone: (306) 242-1440
Toll free at 1-800-667-8789

Free parking available.



\$130,000 AND COUNTING!

Have you ever been to St. Gregor? It's your quintessential small Saskatchewan farming community with a heart 10 times bigger than its size (98 people at last count)! When you arrive at St. Gregor you see, proudly displayed by the highway, a sign that reads *St. Gregor. Home of Shake Rattle & Roll Motorcycle Rally for Parkinson's Disease.*

The Shake Rattle & Roll event is an annual pancake breakfast, 300km motorcycle rally, and community social. It features a show & shine, a horseshoe tournament, chili cook-off, and silent auction: a truly fun family event.

The first rally, founded by Wanda Kiefer, was held in June of 2011 with 51 riders from throughout Saskatchewan, Edmonton, and as far away as Prince George, BC. The Kiefer family are the champions of this event and the whole community has rallied around them, "We couldn't do it without the huge support from the community."



"So far we have generated \$136,236.55 in donations for Parkinson Society Saskatchewan and the RUH Rajput Endowment. It's our trademark and John is the face of it all," said Wanda. "People ask 'How do you do all this?', but it's kind of like therapy."



The Kiefer Family

John was diagnosed with Young Onset Parkinson's disease at the age of 41

ST. GREGOR'S Shake Rattle & Roll



Saturday, June 25th, 2016.
www.shakerattelroll.ca



Watch the Care Parnter Webinar online

**"Taking Care of
Yourself through the
Ups and Downs of
Caregiving"**

**Link available at
www.parkinson.ca**

This webinar was hosted by *brainXchange* in partnership with the Parkinson Canada, Multiple Sclerosis Society of Canada and Alzheimer Society, who gratefully acknowledge the support of Biogen who provided an education grant for this webinar.



Shake, Rattle & Roll
Food, Family and Fun

NATIONAL RESEARCH PROGRAM

Leading the way in Parkinson research

Research holds the key to unlock the mysteries of Parkinson's disease. Scientific excellence and the courage to test new ideas are vital in the global search for better treatments and a cure for the disease.

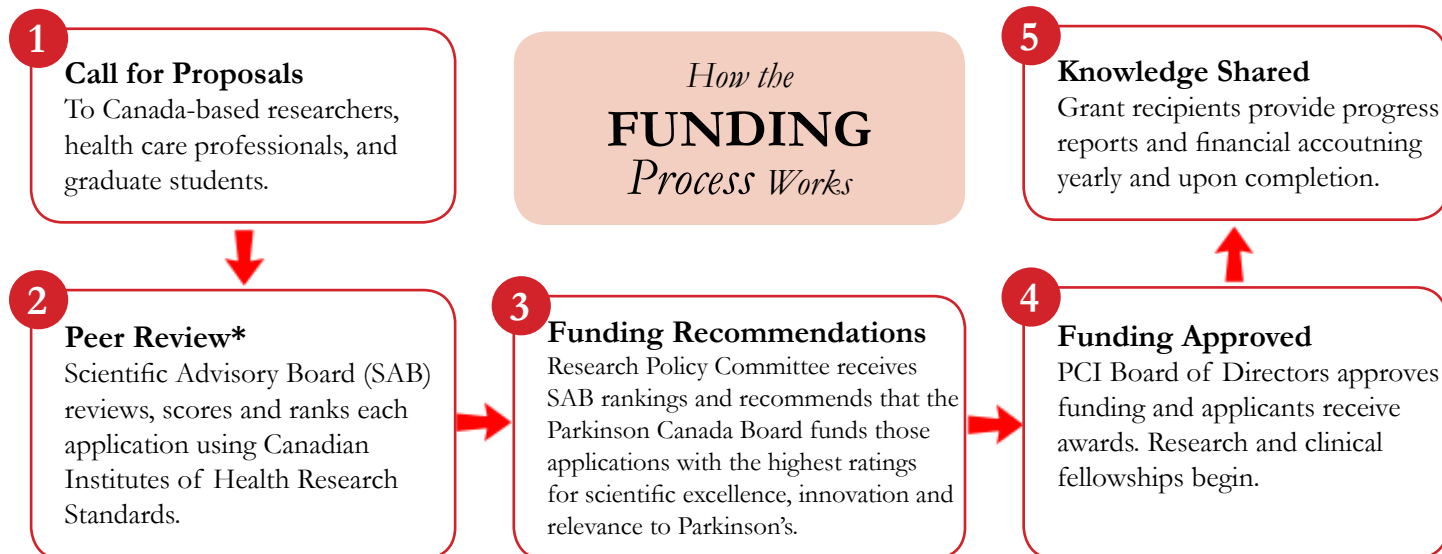
Since 1981, Parkinson Canada's National Research Program has funded:

- high-quality, innovative Canadian research by established and promising investigators.
- discovery stage research where investigators test new theories and pursue promising new leads.
- researchers at the beginning of their careers in order to foster the next generation of Parkinson's scientists.
- novel research to build greater capacity, promote creativity and engage more researchers.
- more than 450 awards, fellowships, and grants that teach us more about preventing, diagnosing and treating Parkinson's disease.

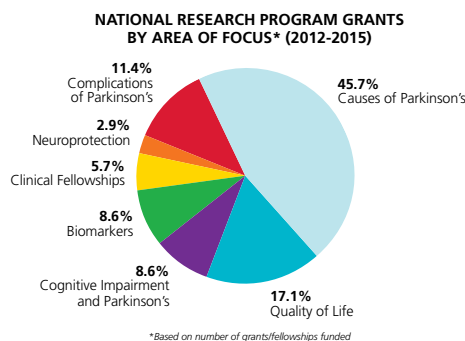
Financial support from individuals, corporations and foundations makes this all possible.



Dr. Edward Fon
and Thomas Durcan, PhD,
McGill Parkinson Program



* Members recuse themselves from reviewing any application where there's a conflict of interest.



\$25 million invested since 1981!

Research that makes a difference

Finding better treatments to learn more about the causes, progression, and complications of Parkinson's.

Improving quality of life for people with Parkinson's and their families so they can live their lives to the fullest, despite the challenges of this disease. This area of research spans a variety of health disciplines such as nursing, occupational therapy, speech language pathology and social work.

Building capacity among the next generation of Canadian researchers. We also fund specialized training for doctors in the diagnosis and management of the disease and other movement disorders so there will be more Parkinson's specialists to provide high quality care.

Contributing on an international scale to the collective understanding of this complex disease and to the global search for a cure. Continued investments in research will produce more life-changing discoveries and bring us closer to a world without Parkinson's disease.

For more information on our National Research Program visit www.parkinson.ca



Oregon Convention Center

September 20 – 23, 2016

4th WORLD

PARKINSON

CONGRESS

Portland, Oregon, USA



The 4th World Parkinson Congress is a unique international event designed to bring together the full spectrum of people who live with Parkinson's disease and those who serve the Parkinson community. We hope this cross-pollination helps in finding a cure as well as identifying the best treatment practices for people living with Parkinson's.



www.WPC2016.org

The official language of the WPC 2016 is English.

**ATTENDEES
WILL INCLUDE**

- Neurologists & Neuroscientists
- Geriatricians & Family Physicians
- Nurses & Social Workers
- Physical, Occupational & Speech Therapists
- People with Parkinson's disease
- Care partners & Family
- Representatives of industry & government

**IMPORTANT
DATES**

DECEMBER 7, 2015

Abstract Submission opens

JANUARY 11, 2016

Registration and Housing open

APRIL 18, 2016

Abstract Submission & Travel
Grant Application deadline

JULY 5, 2016

Early Registration deadline

A SUPERWALK WIN!

“Congratulations, you won!” Graeme Jobe, a long-time supporter of SuperWalk, wasn’t sure he heard this correctly. “Congratulations Graeme, you are the SuperWalk National Grand Prize winner; you’ve won a TV!”

Graeme, who is currently in university, was surprised at the size of the Samsung Smart TV he had won; it wouldn’t fit in his car. In order to get the TV safely home, he came back with his mom, Janet, and her SUV. Graeme said it was only fitting as the TV had to go where his mom could use it, he may have won the draw but she was the SuperWalk champion in their family.



Graeme picking up his 60” Samsung Smart TV the Western Canada 2015 SuperWalk Grand Prize

Graeme was 11 years old when he participated in his first SuperWalk in 2004 and has been walking for his grandpa, Larry Coldwell, ever since.



GranLar, as his family calls him, moved from BC to Saskatoon in 2014. The family considers themselves fortunate to have GranLar attend his last SuperWalk here in Saskatchewan with his family. In June 2015 Larry Coldwell passed away at the age of 92.

Graeme and his family plan to continue supporting Parkinson SuperWalk in memory of Grandpa Larry. They are looking forward to the 2016 campaign!



Graeme, his mom and ‘GranLar’



**Join us for
SuperWalk 2016
and help us reach our
goal of \$115,000**

*Special thanks to the
Parkinson Society Board
members for your many
volunteer hours.*

Thank You!

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.

*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*

Albert Sentes
Alice Marie Allard
Annette Semko
Annette Zeeben
Betty Stevenson
Clarence Guenther
Clarence Hoffman
Dale Chasmar
David McGill
Dennis Pageot
Dick McBride
Edith Wiebe
Elmer Hackett
Ethel Pearce
Ethel Pearce
Fred James

Gertrude Emma Ward
Harold Zimmer
Harry Ukrainetz
Harvey Heichman
Helen Alkier
Hugh McGillivray
Irene Kincaid
Jean Coakwell
Jim Beattie
John (Jack) Batty
Joseph Schreiner
Josephine Bukhart
Joy Callander
June Misfeldt
Kathy McSherry
Ken Perkins

Kenneth Wallin
Larry Coldwell
Leonard Vallee
Linda Elliott
Loretta Cooper
Lorne Schlaht
Margaret Albers
Merv Craig
Mike Sitko
Mr. Steinbrauss
Paul Rezansoff
Paul Schaal
Peg Kovach
Raymond Freistadt
Rev. Arild Borch
Rita Prefontaine

Robert Hewitt
Roland Linkert
Ron Oliver
Ruby Holstein
Ruby Taylor
Sam Richardson
Shirley Johanson
Stan Kyba
Tom Pattison
Toni Malo
Wilf Heisler
William Kerluke
William Udall
William Williams
Yvonne Schrader

April is Parkinson Awareness Month

Parkinson's changes everything.
Together we can inspire hope
in our community.

 Parkinson Canada
1-800-565-3000 | www.parkinson.ca

Contact us for your
Awareness Month
Community Kit

Charitable No. 10809 1786 RR0001



Brain Study

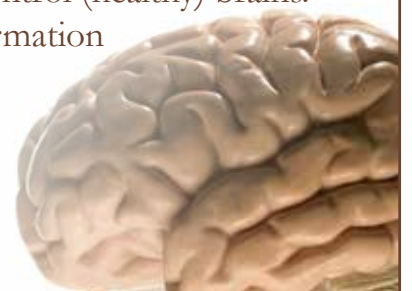
Dr. Rajput operates a “Brain Safety Deposit” as part of the ongoing research conducted at the Saskatchewan Movement Disorders Program.

Critical to their study is the organ donor program that collects brains for current and future research.

The program is in need of control (healthy) brains.

If you would like more information
on donating your brain
(once you're done using it)
please contact:

306-966-8007



The Herald

\$1.00
(GST included)

Parkinson SuperWalk held in Herbert



Herbert residents, Marcel Hesterman and Beverly Seibel have both been diagnosed with Parkinson's Disease. They both took part in the SuperWalk.

The Herald
Ph - 784-2422
Fax - 784-3246
Email - herbertherald@sktel.net



Serving Central Butte, Chaplin, Enfield, Herbert, Hodgenville, Morse, Morfess, Parkbeg, Riverhurst and areas for 104 years



**Bring SuperWalk to
your community in 2016!**

HERBERT'S FIRST SUPERWALK

After watching the SuperWalk promotion at our 2015 Education Conference, Bev Seibel decided that there should be a SuperWalk in her community. Initially, not everyone was enthusiastic to participate. But, as her husband Roy points out, when Bev determines to do something there's no stopping her!

Bev and Roy were able to enlist the help and support of Barb and Darrell Foster from their Swift Current support group. With the assistance of Michelle Carlson from the Saskatoon office, they had the resources and encouragement they needed. They were initially planning a simple walk, but as the number of walkers continued to grow they "kicked it up a notch."



On a rainy Saturday in September, staff from the Parkinson offices in Saskatoon and Regina joined over 40 walkers and 6 dogs for the first Herbert Saskatchewan SuperWalk. Many local residents stepped outside the doors of their homes and businesses as we walked down Herbert Avenue. The event was filled with laughter, prizes, and dessert. It raised great awareness of Parkinson's and over \$6000 for Parkinson's research and support.



Herbert's first SuperWalk is proof that with determination and a little help, anyone can start a SuperWalk.



one step closer



Herbert, SK
40+ walkers
over \$6,000 raised

Regina, SK
130+ walkers
over \$30,000 raised

Saskatoon, SK
225+ walkers
over \$56,000 raised

We know we've said it before, but we want to say it again!
Thank you! Thank you to all our walkers, donors, sponsors
and volunteers for making the 2015 SuperWalk a great success.

We hope to expand the number of locations, have more
walkers, and increase our funds raised in 2016. We look
forward to your support!

SuperWalk webpage goes online April 1st ~ ParkinsonSuperWalk.ca



To bring SuperWalk to your community contact
Michelle @ 306-933-4481 for your SuperWalk Community Toolkit