



# IT TAKES A COMMUNITY



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**2016 SuperWalk  
Pledge Form Inside!**



**Parkinson Canada**

# the Parkinson press

June 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 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       |

## 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



# IT TAKES A COMMUNITY!

Have you ever had those moments where you've been wanting to connect with someone but it just hasn't worked out? A number

of months ago, while waiting in the Toronto airport to fly home, I was thinking of a friend I wanted to connect with but we just could not get our schedules to align. I was about to post a reminder on my phone and what do I see, my friend grabbing a seat the row ahead of me. We had a great time catching up -- I truly appreciate those serendipitous moments. Oddly enough, I have connected with about half a dozen friends in the Toronto airport.

As life marches on, I've come to realize that connecting is a significant part of life. Whether it is making that connecting flight, connecting with friends and family or connecting with those on a similar life journey, connecting is a big part of what makes life beautiful.

As Parkinson Canada, we put a lot of effort into making connections. We connect researchers with the funds to move us forward in the hunt for the cure. We connect politicians and policy makers with the needs of those living with Parkinson's. We connect people with the information and educational resources they need. And, we connect people living with Parkinson's with others with PD, because we believe no one should walk this journey alone.

It takes a community to live, to fight and to thrive as a person with Parkinson's and the same is true for care partners. We are dedicating this June edition of *The Parkinson Press* to the theme *It Takes a Community* and exploring the ways we can and do connect.

It is an honour to connect with you through this newsletter; we trust you enjoy it.

Todd MacPherson

## SAVE THE DATE

**Chat's with Sandie - June 14th**

**Shake, Rattle & Roll - June 25th**

**Herbert SuperWalk - Sept 3rd**

**Regina SuperWalk - Sept 10th**

**Estevan SuperWalk - Sept 11th**

**Saskatoon SuperWalk - Sept 11th**

**4th World Parkinson Congress - Sept 20th-23rd**

**Neurology Lecture in Saskatoon - Nov 3rd**

**Lows in Motion Fundraiser - Nov 5th**

**Education Conference (Regina) - Apr 28th-29th, 2017**



# CELEBRATING LIFE

April 15, 2016 7 pm Saskatoon Inn



Dr. Ivar Mendez

On April 15th, we kicked off our Celebrating Life Education Conference with a celebration of art and creativity. The Art Gala night was a great success with 11 artists displaying their artistic talent. The guests enjoyed a rich variety of expressions, including photography, painting, sculpture, pottery and creative writing. They also savoured the chocolate fountain and other desserts while participating in an interactive art piece.

Included among the artists was our special guest, Dr. Ivar Mendez, who spoke on his passion for sculpture and photography. He graced us with two of his favourite pieces and emphasized the value of art for a healthy life. We want to thank Dr. Mendez and all the artists for sharing their creativity with us. Enjoy the pictures.



Dr. Mendez and Marilyn Scutt looking at her work



Photography of Dr. Mendez



Dr. Mendez spoke to the group as an artist, sharing his devotion to sculpture and photography. He then visited with our artists and guests



Beautiful carvings by Dale Malischewski



Ilse Skarsgard's exquisite pottery



A wonderful opportunity to get to know each other.  
Roy Seibel and Ed Warren



Dale Malischewski proudly discussing his work with Jennifer Schoeck and Mary Agnes Iron



The Wall family sharing their new addition with Lynn Fowke

*"Creativity is all around us, and some of the funniest, most beautiful, and touching moments happen when you least expect it."*

*Bryce Dallas Howard*



Gerald Galbraith brought a selection of his spectacular wildlife photography



Marilyn Scutt and Clem Bertoncini discuss Marilyn's greeting cards

**Art Gala Participants:**  
 Dr. Ivar Mendez - *Photography*  
 Clem Bertoncini - *Pen Turning & Millwork*  
 Marilyn Borch - *Painting*  
 Randy Dittmar - *Creative Writing*  
 Larry Fowke - *Microscopic Images*  
 Gerald Galbraith - *Photography*  
 Dale Malischewski - *Painting & Wood Carving*  
 Marilyn Scutt - *Greeting Card Creation*  
 Beverly Seibel - *Colouring*  
 Ilse Skarsgard - *Pottery*  
 Arlene Warren - *Painting & Poetry*



Larry Fowkes describing his stunning microscopic photography to Mary Mattila



Clem Bertoncini displayed his superb work turning wood



Randy Dittmar displayed some of his creative writing and video work



Marilyn Borch participating in the hands-on art activity



Art Gala Photos courtesy of Kassia Photography  
[www.kassiaphotography.com](http://www.kassiaphotography.com)



# 6th Annual



## ST. GREGOR'S Shake Rattle & Roll

In Support of  Parkinson Society Saskatchewan  
Société Parkinson Saskatchewan  
A Proud Partner of Parkinson Society Canada

### MOTORCYCLE RALLY FOR PARKINSON'S DISEASE

**Saturday June 25th**  
**St. Gregor Sask.**

(15 MILES EAST OF HUMBOLDT)

FOR MORE DETAILS CALL 306-366-2144

OR EMAIL: [jwkiefer@sasktel.net](mailto:jwkiefer@sasktel.net)

check out our website@[www.shakerattleroll.ca](http://www.shakerattleroll.ca)

visit us on face book

**POKER RALLY 50% PAY OUT.**

#### **Kick off Breakfast**

##### **Registration**

9:00 TO 10:30

OPEN TO THE PUBLIC

RALLY BEGINS

@ 11:00AM

SHARP

#### **Show & Shine**

CARS, TRUCKS, TRACTORS,  
MOTORCYCLES, ETC.

TO ENTER CALL  
RALPH @ 366-4720

#### **Supper at 5:00**

CALL TRACY  
(306-366-4622)

FOR TICKETS

#### **PUT FOR PIES**

LIVE AUCTIONS

SILENT AUCTION

#### **BUCKET DRAWS**

WHEELBARROW OF SPIRITS RAFFLE

**EVENING SOCIAL TO FOLLOW RALLY**

# CELEBRATING LIFE *education conference*

April 16, 2016  
Saskatoon Inn

Parkinson Canada

## My First Education Conference

by Jeannine Alain

My first PD educational conference was such a positive experience. I hope to attend many more.

The Friday evening Art Gala was a lot of fun. It was interesting not only to see the many artistic endeavors but to be able to meet the artists as well. Socializing around the chocolate fountain and dessert table wasn't difficult either! I was introduced to the fellow who runs the support group in Tisdale. It was encouraging to be able to let friends know that they have that support in their area – important news for them.

I was not expecting the conference to be as fulfilling as it was. Right from the start with Dr. Mendez we started learning. He left us hopeful that stem cell research trials are coming along – and sooner than we expected. All of the speakers were very good. When the keynote speaker, John Baumann, shared that Parkinson's wasn't the worst thing that happened to him it truly resonated with me.

One small disappointment; I had hoped we'd get some more information on Rock Steady Boxing. It would be great to start up a Parkinson's boxing program here.

Todd's introductory speech was right on the money; I was in need of a boost of encouragement. Learning about this condition and meeting so many wonderful



Keynote Speaker John Baumann



Michelle and Stephanie presenting

folks has been a far more positive experience than I envisioned for myself on the day of diagnosis. I expected to learn at the educational conference but I didn't expect that I would leave feeling so uplifted.

Thank you for all your efforts!





# Parkinson SuperWalk

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

## STATISTICS

**2.7** MILLION  
raised across  
Canada last  
year

**3** WALKS  
in HERBERT  
REGINA &  
SASKATOON

OVER **400**  
participants & volunteers

OUR GOAL  
**\$115,000**  
provincially

An estimated  
**4000**  
people in Saskatchewan have  
**PARKINSON'S DISEASE**

Parkinson SuperWalk is the largest national fundraising event for Parkinson Canada. Taking place every September, approximately 10,000 people from coast-to-coast organize and take part in Parkinson SuperWalk. Since 1990, we have raised more than \$33 million for support services, research, advocacy and education. We are so thankful for our generous sponsors who are helping us build a better life for Canadians living with Parkinson's today and a world without Parkinson's tomorrow.

### Last Year

In 2015, we had three walks across Saskatchewan -- Regina saw 130+ people raise over \$30000, Saskatoon saw 225+ people raise over \$56000, and our first ever SuperWalk in Herbert saw 40+ people raise over \$6000!

### This Year

This family-oriented event will see over 400 participants and volunteers come together for a day of fun and fundraising. We have set a goal of \$115,000 to be raised in Saskatchewan through at least four walk locations in Saskatchewan:

- Herbert - Sept 3rd
- Regina - Sept 10th
- Saskatoon - Sept 11th
- Estevan - Sept 11th.



*Bring SuperWalk to your home town - ask for your SuperWalk Community Toolkit!  
Call 888-685-0059*

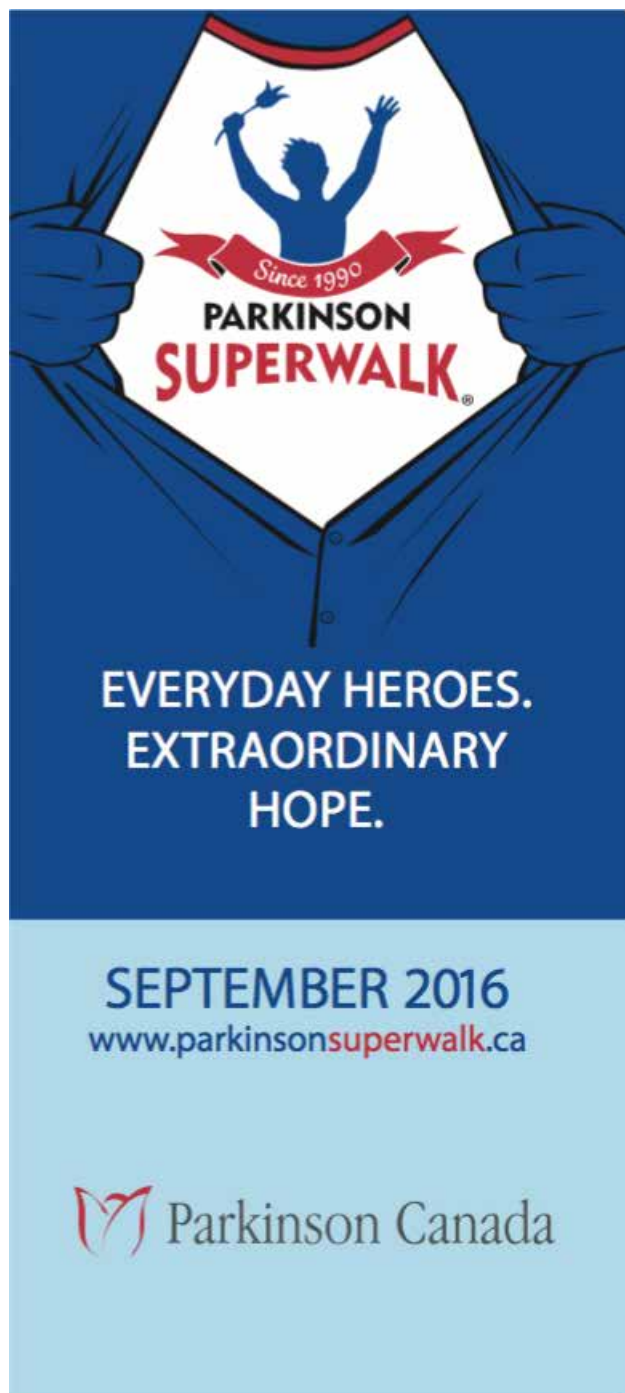
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Michelle Carlson  
E: [michelle.carlson@parkinson.ca](mailto:michelle.carlson@parkinson.ca)  
P: 306-933-4481  
TF: 888-933-4481

**Regina Area SuperWalk Coordinator:**  
Stephanie Schweitzer  
E: [stephanie.schweitzer@parkinson.ca](mailto:stephanie.schweitzer@parkinson.ca)  
P: 306-545-4400





IF YOU NEED ADDITIONAL  
SUPERWALK PLEDGE FORMS  
PLEASE CALL 888-685-0059 OR EMAIL  
[michelle.carlson@parkinson.ca](mailto:michelle.carlson@parkinson.ca)



## HOW TO RAISE \$250 IN 10 DAYS

Raising \$250 is not as difficult as you may think. Below is a sample list of how to raise \$250 in 10 days.

- Day 1:** Put in your own \$25 donation.
- Day 2:** Ask your spouse / parents / siblings for a \$25 contribution.
- Day 3:** Ask a service club or organization you are a member of for a \$25 donation.
- Day 4:** Ask a business contact or old employer for a \$25 contribution.
- Day 5:** Ask a friend for a \$25 donation.
- Day 6:** Ask a relative for a \$25 contribution.
- Day 7:** Ask a neighbour for a \$25 donation.
- Day 8:** Ask your doctor or pharmacist or dentist for a \$25 contribution.
- Day 9:** Ask a church, temple or similar group for a \$25 contribution.
- Day 10:** Ask a local merchant for a \$25 contribution.

Congratulations! You have raised \$250.00!



# JUNE'S SUPERWALK SUCCESS - AN INTERVIEW

We often have SuperWalk walkers who are anxious about raising funds, setting goals and reaching them. June Benaschak was one such walker but in 2015, she exceeded her fundraising goal by 50%. Last month we talked with June about her SuperWalk success; here is the interview.

**Q: What was your fundraising goal last year?**

**JB:** I set it at \$500. I think that was the smallest amount you could set online.

**Q: What would you say to someone who says, "I could never raise that much money"?**

**JB:** You would be surprised at how people are willing to help you out. You just have to be brave and ask them.

**Q: What were some of the challenges you faced?**

**JB:** I am not very computer savvy so I had to phone the Saskatoon office a few times (Michelle was very helpful). I mostly fundraised through emails and was sometimes nervous the email didn't send. I also asked family and friends and was sometimes nervous, not wanting to bother people.

**Q: How did you overcome these obstacles?**

**JB:** I just tried the online website and figured it out with some help.

**Q: How much did you raise in 2015?**

**JB:** \$760 in total -- \$650 online and \$110 offline.

**Q: What was your secret to raising this amount of money?**

**JB:** No secret, I just asked family and friends. I could have gone out and asked neighbours but just didn't get around to it. When you have a full plate to begin with, finding time to do the fundraising is a challenge.

**Q: What is your connection to Parkinson's and how long have you been a part of the SuperWalk event?**

**JB:** Frank was diagnosed in 2012, so 2015 was the third year walking.

**Q: Have you set a fundraising goal for 2016?**

**JB:** I'm going for \$1000 this year!

**Q: Anything else you would like to say?**

**JB:** I really appreciate the support I received from the staff. Thank you for recognizing me for raising money for such an important cause.

*We wish to express our thanks to June Benaschak for giving of her time for this interview.*



June and Frank Benaschak



**Keith Hershmillers Photography**  
of Regina  
[www.khphoto.ca](http://www.khphoto.ca)

**MJ&Co Photography**  
of Saskatoon  
[www.mjand.co](http://www.mjand.co)



A huge **THANK YOU**  
to our SuperWalk  
Photographers for your  
generous donation of your  
time and your amazing  
photography!





# LEARNING HOW TO GET THE HELP YOU NEED AS A CAREGIVER

What kind of help do I need? Who do I ask for that kind of help? How do I keep track of tasks and appointments and who is doing what? These are just some of the questions that caregivers need to answer – often every day. Navigating the health and social care systems can be overwhelming, especially when caring for a person with a progressive brain disease.

On May 26th, Parkinson Canada, in partnership with the Multiple Sclerosis Society of Canada and the Alzheimer's Society, presented a second webinar especially designed to meet the needs of caregivers. **“Learning how to get the help you need – a webinar for caregivers on how to navigate the health and social care systems,”** consisted of a one-hour presentation followed by an interactive question and answer session.

“At the core of this webinar is the recognition that one individual caregiver cannot possibly meet all of the needs of their loved one,” says Robert TerSteege of Parkinson Canada, one of the webinar's presenters. “We will guide participants through the process of determining what help they need, where they may find it and how to ask for the help they need.”

TerSteege was the primary caregiver for his late fiancé for about a year, seven years ago, and is a Certified Information Referral Specialist (CIRS.) He will be joined by Valerie Borggard, Navigator for the MS Knowledge Network, to provide an overview of how care partners can navigate different systems and consider different resources to help support themselves and their loved ones.

“It can be difficult to first identify the issue you need to resolve and then to target where to find the resources you need,” says TerSteege, “Keep in mind that there are three levels of government in Canada – federal, provincial and municipal – and several departments at each level. There is not really a single system, but several systems to navigate. There are also community and charitable resources available, as well as an individual's personal support network to call upon. This webinar should give participants some guidance on how to get the help they need.”

The recording of this webinar is available online at <https://vimeo.com/168664929>

You can receive *The Parkinson Press*  
by mail or by email.  
Call 888-685-0059 to  
make changes.

**Your legacy will change lives**  
**Leave a gift for tomorrow**



**By 2031 the Parkinson's population will double.**

For over 50 years, Parkinson Canada has been helping people through research, education, advocacy and support services.

You can make a difference by including a gift in your Will.

Ask us how by contacting  
[Sue.Rosenblat@Parkinson.ca](mailto:Sue.Rosenblat@Parkinson.ca)  
1-800-565-3000 ext. 3386

Charitable Registration # 10809 1786 RR0001

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your free copy of  
**My Personal Organizer,**  
a Will planning tool kit.



Parkinson Canada

#316 - 4211 Yonge Street, Toronto ON M2P 2A9



# PARKINSON'S AND THE FEMALE BRAIN

Although Parkinson's disease affects both men and women, women are less likely to develop the progressive neurological disorder, but more likely to experience severe motor symptoms and side effects of treatment.

At Queen's University in Kingston, neuroscientist Emily Hawken investigates those gender differences. She's studying the interaction between Parkinson's disease and hormones that are intrinsic to females, such as estrogen. She wants to know how that interaction affects the transmission of chemicals in the brain. Hawken recently received a two-year, \$100,000 Basic Research Fellowship from the Parkinson Canada Research Program to pursue this research.

For example, when women with Parkinson's are treated with levodopa, the medication used to reduce the symptoms of the disease, they often develop more severe involuntary movements (dyskinesia) than men with Parkinson's on the same medication.

"What is it about females that make them less likely to develop symptoms of Parkinson's, yet more likely to be severely impaired by the side effects of the treatment?" she asks.

Using animal models, Hawken will transmit electrical currents through brain cells to measure the activity of those neurons in specific regions of the brain. Then she will observe and record the effect of specific neurotransmitters on the neurons she measures.

Recent evidence suggests estrogen may affect other brain chemicals, such as dopamine, and estrogen may itself become a neuromodulator that transmits

information to brain cells. Hawken hopes she will observe physiological evidence that animals that develop dyskinesia experience changes in their brain cells that differ depending on the animals' gender.

If she can pinpoint a gender difference, Hawken hopes her research will inform treatments for Parkinson's disease that are designed differently for women and men.



Dr. Emily Hawken

"Instead of a blanket treatment ... perhaps if we did tailor the treatment for women, it would be equally therapeutic, but with fewer side effects," Hawken says.

Historically, most health research has been conducted using men and a male model of disease, Hawken points out. "We could be completely missing something just by looking at the male model," Hawken says. "Women are suffering as a consequence, because they generally don't present the same symptoms. Their treatments are often subpar because our knowledge base isn't adequate in terms of how the female brain operates."

*reprinted from eParkinsonPost ~ [www.parkinsonpost.com](http://www.parkinsonpost.com)*

You can read about other researchers recently funded by the Parkinson Canada Research Program on the [www.parkinson.ca](http://www.parkinson.ca) website.

**4<sup>th</sup> WORLD PARKINSON CONGRESS**  
Portland, Oregon, USA

**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

**Sept. 20 – 23, 2016**  
**Oregon Convention Center**

**WPC2016.org**



# 5 SIMPLE WAYS TO HELP PARKINSON'S CARE PARTNERS

With the arrival of summer, friends or family members may be visiting or stopping in. Here is a helpful resource which you can share with them, to show them how they can assist you, the care partner, during the vacation, and when possible, throughout the year.

As you know, care partners often find that they don't have the time to see friends or focus on themselves. They may end up with feelings of isolation and high stress.

Our community shared advice on how friends can support busy Parkinson's care partners. Rather than the usual "if you need anything, just call!", these folks made some very concrete suggestions:

## 1. Small favours mean a lot.

Listen, love, and hug. Every now and then, drop off an unexpected dinner. Offer to pick up a few items at the grocery store when you're going: it's the little things that are very helpful!

Don't ask, just do. It's not easy asking for help.

## 2. Help out with housework.

When you're visiting, just do the dishes, sweep the floor, take out the trash, clean the bathroom or kitchen, give hugs, cook a meal, share a meal, reminisce, bring a movie to watch, offer to spend a day doing the caregiving so they can go out (but give them some time, to make plans for that). Hire someone to help them. Invite them over for dinner. All of the above.

## 3. Give the gift of time.

Help them make time for themselves. Validate their work. Remind them of the angel work they are doing. Offer to free them up.

If you're giving them time off, ask them how you should do things instead of doing things your way. Sometimes schedules need to be rigid for people with Parkinson's. And call them up and offer to pick

up groceries or medicines for them, or shovel snow and mow grass without asking. Then, since you're already there, stay for just half an hour or so to talk or tell jokes: sometimes we can use a good laugh.

## 4. Listen with compassion.

Be there to listen and not solve. Help care so care partner can get out for a bit. Take them out & arrange care as needed.

Call just to say hi, invite us to things even if you don't think we'd be interested, let that hug last a little longer, laugh with us, cry with us, say the word "Parkinson's" (I promise it's not taboo!). Remember that it's a roller-coaster for everyone involved. Maybe ask what you can do that would be the most helpful. Remind us that we aren't alone. Show us that we aren't alone.

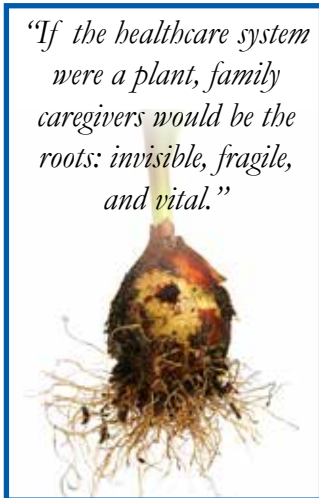
## 5. Stop by for a visit.

Come over for a visit! Caregiving can be very isolating, especially now that my spouse is unable to walk or talk much. Short visits—thirty minutes or so—give both of us a break and a chance to renew our friendship. Sometimes my spouse can't respond or join the conversation but know that he is enjoying your visit in his own way. It lifts his spirits to know that he is still part of a community of friendships. It lifts my spirits too because conversation is really difficult for my spouse. And maybe a few times a year you might offer to stay with my spouse while I run out to the grocery store, coffee shop or the library. Afterwards, we would both feel great. Thanks for asking!

The most precious thing you can give is your time for both the caregiver and for the person with Parkinson's. A visit would break up the daily "old" routing. Show your appreciation for the caregiver.

**Remember, it takes a community!**

*Adapted with thanks from MJFox blog Nov 2015*



# A MOMENT OF MINDFUL MEDITATION

“Close your eyes and just be mindful of your breathing.”

When it came time to wrap up for their summer break, the Regina Chapter invited Sandi Nixon to their final gathering to teach the group about Mindfulness Meditation. Mindfulness meditation is the practice of bringing one's attention to the internal and external experiences occurring in the present moment and thereby developing a sense of peace and contentment, and for many, improving their physical and mental health. Sandi shared her own journey, her health struggles and the benefits she has found in meditation. Then, she led the group in a 20 minute guided meditation.

Most of the participants found the Mindfulness Meditation to be quite valuable. Some of the participants commented that they “... found it very calming and beneficial.” One fellow observed that the tremor in his hand lessened as he relaxed through the meditation. “My pain subsided”, observed one woman who suffers from arthritis. A confession of “I fell asleep” was met with laughter from the group.

Parkinson support groups and chapters bring in a variety of speakers and presenters to share their experiences, stories and expertise: from Pharmacists, Physical Therapists, Home Care specialists, Speech Therapists to Naturopaths.

Support groups exist to provide a safe place for people with Parkinson's, their family, and their friends, to find support and information. It is a place to talk, laugh and maybe even cry about life with Parkinson's with people who will listen, and who have been there. Parkinson's support groups provide community, friendship and hope.

“I want to learn all that

I can to fight back against this disease,” said one support group participant. Another expressed her deep appreciation that, as a care partner, she is not alone. The support group is a safe, supportive environment to connect with others living with Parkinson's and to learn how to live well with Parkinson's disease. These groups also offer a chance to socialize over coffee and dessert -- we can't forget the treats!

As our support groups across the province break for summer, the staff of Parkinson Canada - Saskatchewan wish to extend our deepest thanks to each of the volunteer facilitators, committee members and participants who make our groups such a positive experience for all.

**The Parkinson Canada Regina Chapter** meets most months; for information on meeting times and location email: [parkinsonsregina@gmail.com](mailto:parkinsonsregina@gmail.com)

**For information on other support groups in Saskatchewan** call 888-685-0059 or visit the Parkinson Canada website (instructions below).

To find a Parkinson Support Group in your area, go to [www.parkinson.ca](http://www.parkinson.ca) and click on the interactive map



## Chats with Sandie Jones, RN

**June 14th @ 10:00 am** (SK time) “Nutrition and Parkinson's.”  
(2nd Tuesday of every month)

**Check our Facebook Page for more details!**





# 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 love don't go away,  
They walk beside us every day.  
Unseen, unheard,  
but always near.  
Still loved, still missed,  
and very dear.*

Alice Marie Allard  
Alice Bartzen  
Claude Closs  
Elsie Ruth Davidson  
David Delwisch  
Natalie Deptuch  
Dorothy Dunlop

Albert Folmer  
Paul Hennessy  
Pauline Kawka  
Sister Junia Kunanec  
Raymond Lalach  
Perry Luchia  
Peggy Neuret

Jean Prizeman  
Peter Rempel  
Nolene Rowan  
James M Sargeant  
Geraldine Will

## An Eternal Memory... ... until we meet again

*Those special memories of you  
will always bring a smile  
if only I could have you back  
for just a little while.  
Then we could sit and talk again  
just like we used to do.  
You always meant so very much  
and always will do too.  
The fact that you're no longer here  
will always cause me pain  
but you're forever in my heart  
until we meet again.*





**NOV**  
**5**

**SAVE THE DATE! NOVEMBER 5TH, 2016 @ 7:00PM**

Don't miss out on one of the most entertaining nights of 2016. Join us for Canada's most attended Parkinson's fundraiser! A night of laughter, dancing, and socializing, all for a great cause!

**TICKETS  
ON SALE  
SOON!**



*"Leading the Charge Against Parkinson's"*

Presented by  **ENS**

For volunteer or sponsorship opportunities,  
please contact Travis Low.  
[travis@lowsinmotion.com](mailto:travis@lowsinmotion.com)

*All proceeds donated to Parkinson Canada - Saskatchewan*

**For tickets and information: [www.lowsinmotion.com](http://www.lowsinmotion.com)**

Return undeliverable items to:

 **Parkinson Canada**  
610 Duchess Street, Saskatoon, SK S7K 0R1

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