



Springing into Summer



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2017 SuperWalk
Pledge Form Inside!

the Parkinson press

June 2017 

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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 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 professional.



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 Google Images.



Hooray! It's Summer!

The sun is shining,
the trees are green
and the days are
long. Summer
is finally here!
Saskatchewanians

truly cherish our summer; after all, it doesn't last long.

In this edition of *The Parkinson Press* we gathered together the best tips we could find to help you make the most of your summer. We hope your summer is filled with sun, fun, family, and memories.

From the Parkinson Canada Saskatchewan team we want to encourage you to enjoy your summer and embrace every moment of life!



Tips for a Great Summer:

o **Stay Hydrated.**

Whether you have PD or not, summer increases our risk of dehydration. On top of that, some PD medications can increase your risk of dehydration. Drink plenty of fluids throughout your day.

o **Cover up.**

The risk of skin cancer increases with age. And those with PD are at an increased risk. The good news is that, since we know that UV exposure is the primary cause of melanoma it is almost entirely preventable. Cover up. Use UV protection. Enjoy the summer sun but avoid prolonged periods in direct sunlight.

o **Remember to Rest.**

If you have family visiting, or any change in schedule, remember to take rest times. This can help to keep your Parkinson's more stable.

Summer Travel Tips can be found on page 13.

SAVE THE DATE

Chat's with Sandie - Aug 8 & Oct 10th @ 12:00 PM ET

Shake, Rattle & Roll - June 24th

Swift Current SuperWalk - Sept 2nd

Regina SuperWalk - Sept 9th

Moose Jaw SuperWalk - Sept 9th

Estevan SuperWalk - Sept 10th

Saskatoon SuperWalk - Sept 10th

Lows in Motion Fundraiser - Oct 28th

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



Friday Night Event

Knocking out Parkinson's - A Boxing Update

On April 27th, we kicked off our Living Well Education Conference with a night of energy and boxing! The Friday night *Knocking out Parkinson's* event was a success. Guests enjoyed speeches from fellow participants about their success with boxing and even a live demonstration from Rock Steady Boxing coach - Patti Fisher. All guests were encouraged to participate in a mini workout and a cheer to finish off the evening.

Included among the speakers was Dan Hatton. He spoke about his struggles and how boxing has changed the way he exercises and fights back against Parkinson's. We want to thank Dan, Patti, and all of the participants for joining us Friday evening. Enjoy the pictures.



The Practice of Mindfulness in Living Well

Many who attended our Education Conference in April have told us how much they enjoyed the talk by Dr. Todd Sojonky of Regina on the topic of Mindfulness. It is a powerful tool which can greatly assist in taking care of your mental and spiritual health, and Dr. Sojonky is a lively and entertaining speaker. The talk was taped and is available on our YouTube Channel.

For those who are interested in reading more about this topic from Dr. Sojonky can find information on his website (<http://sojonky.blogspot.ca>)

For those of you who are caregivers, The Caregiver Network has several interesting articles on the topic of applying Mindfulness awareness to your caregiving. You can also watch an excellent recent webinar called *Mindfulness Everyday: Help for Caregivers*.

You will find the unedited article by Dr. Huysman at that website, along with an article called *The Practice of Mindfulness* about Saskatoon's own Jeannie Corrigan, who is another Saskatchewan teacher. <https://thecaregivernetwork.ca>





Patti Fisher talking about Rocky Steady Boxing

*"I think of the 'Finishing Line.' This helps to push it further. As you go on, the line moves further."
~Dan Hatton*



Support Group leader supper



Darlene Eberle participates in the exercise break



Dan Hatton talking about his experience with boxing

*"Until there's a cure,
We know there's a way,
We can choose to fight back,
Every day,
Rock Steady!"*



Boxing ring on the stage



Friday Night themed boxing ring cake courtesy of Sinfully Sweet Cathedral Bakery and the Ramada Plaza.



John Dawes warming up for the boxing workout



Patti Fisher and Nancy Kelley demonstrating a boxing technique

Living Well

Education Conference

April 28-29, 2017
Ramada Regina



Tara Maltman-Just

Our Saturday conference kicked off bright and early with energy filling the room. We started with a presentation from SGI talking about Parkinson's and driving. We then heard from our clinical speaker Tara Maltman-Just who explained her method of treating the person not just the disease.



Conference attendees participating in an exercise break

The Ramada treated us with an incredible lunch, and snacks throughout the day. In the afternoon everyone participated in an exercise break before hearing from Dr. Todd Sojonky who spoke on mindfulness and its benefits for those with Parkinson's disease and caregivers. He explored seven topics including living in the moment, establishing daily meditation practices, and adapting to your situations. We ended the day with an expert panel which included health care professionals, caregivers, and people with Parkinson's.



Rick and Brenda Kilarski (left)
Larry and Linda Wiens (right)

We would like to thank all participants, speakers, and sponsors for making our conference a success! We also would like to thank Keith Hershmiller photography for taking photos of our Saturday conference that you will find in this newsletter. We hope you enjoyed the conference, and can't wait to see you in 2018.



Keith Hershmiller Photography
www.khphoto.ca



Shake Rattle & Roll

7th Annual

St. Gregor, SK
(15 miles East of Humboldt)



Saturday June 24, 2017

Motorcycle Rally for Parkinson's Disease

In support of  Parkinson Canada

John Kiefer was diagnosed with young onset Parkinson's at the age of 41 years old. With the help of his family and the community they decided to host a bike rally for everyone to enjoy, and to fight back against Parkinson's. It was so successful that they decided to make it an annual event. Save the date this June 24, 2017 - you won't want to miss it!



Show & Shine

Cars, trucks, tractors,
motorcycles, etc.

To enter call:

Ralph - (306) 366-4720

Kick off Breakfast Registration

9:00 to 10:30 AM

Open to the public

Rally Begins @ 11:00AM

Supper at 5:00 PM

For supper tickets call
Tracy - (306) 366-4622

For more details please contact:

Wanda - (306) 366-2144

(306) 231-6864

Email: jwkiefer@sasktel.net

Visit us on Facebook

Check out our website: www.shakerattleroll.ca

*Evening social
to follow the
rally!*

Bucket Draws - Putt for Pies - Live Auctions - Silent Auction



Parkinson SuperWalk

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

STATISTICS

2.7 MILLION
raised across
Canada last
year

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

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 14,000 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 donors and 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 2016, we had five walks across Saskatchewan -- Herbert, Regina, Saskatoon, Moose Jaw, and Estevan!

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 five walk locations in Saskatchewan:

- Swift Current Sept 2nd
- Regina - Sept 9th
- Moose Jaw - Sept 9th
- Saskatoon - Sept 10th
- Estevan - Sept 10th



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



For more information on walk locations and times visit our website:
www.superwalk.ca



Contact for more information: 1-888-685-0059 or email: michelle.carlson@parkinson.ca



Cut along the dotted line



superwalk.ca

PLEDGE FORM

This September, bring hope to your walk.

Walk Location

Participant Information

Last Name		First Name		Phone Number	
Street Address			Email Address		
City	Province	Postal Code	Are you part of a team? Yes ☐ No ☐		
Please select your age group		Gender		Team Name	
☐ Under 18	☐ 18-25	☐ 26-40	☐ 41-55	☐ 56-64	☐ 65+
Are you living with Parkinson's disease? Yes ☐ No ☐ Prefer not to answer ☐			Including this year, how many years have you participated in SuperWalk?		

Register online at **superwalk.ca**Or by phone at **1 (800) 565-3000**

Waiver

I agree that I am participating in Parkinson SuperWalk (PSW) voluntarily and do so at my own risk. I hereby fully release Parkinson Canada, 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 to not hold Parkinson Canada 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 Parkinson Canada 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)

Privacy Statement

Parkinson SuperWalk and Parkinson Canada collects personal information to communicate with supporters about initiatives and fundraising. By providing your information, you give consent to be contacted.

For a copy of our privacy policy, please contact us:

donating@parkinson.ca or call 1 (800) 565-3000.

Our sponsors



Charitable Registration #10809 1786 RR0001
parkinson.ca



superwalk.ca

PLEDGE FORM

Mail to: **Parkinson Canada**
Attn: **Parkinson SuperWalk**
316 – 4211 Yonge Street, Toronto, ON. M2P 2A9

Participant

Walk Location

Please print clearly.

Full Name First and Last	Phone	Email
Address Street address / City / Province / Postal Code		Amount ☐ Cash \$ ☐ Cheque
Full Name First and Last	Phone	Email
Address Street address / City / Province / Postal Code		Amount ☐ Cash \$ ☐ Cheque
Full Name First and Last	Phone	Email
Address Street address / City / Province / Postal Code		Amount ☐ Cash \$ ☐ Cheque
Full Name First and Last	Phone	Email
Address Street address / City / Province / Postal Code		Amount ☐ Cash \$ ☐ Cheque
Full Name First and Last	Phone	Email
Address Street address / City / Province / Postal Code		Amount ☐ Cash \$ ☐ Cheque
Full Name First and Last	Phone	Email
Address Street address / City / Province / Postal Code		Amount ☐ Cash \$ ☐ Cheque

If you need help, please visit superwalk.ca, email donating@parkinson.ca or call 1(800)565-3000.

Everyday
HEROES
Extraordinary
HOPE

Our sponsors



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Cut along the dotted line



**IF YOU NEED ADDITIONAL SUPERWALK
PLEDGE FORMS
PLEASE CALL 888-685-0059 OR EMAIL
michelle.carlson@parkinson.ca**



Start July 1st. This gives you two full months to meet your goal of fundraising \$200 for SuperWalk.

1. Start with a donation to yourself then challenge your family and friends to match it!
2. Post your fundraising page on Facebook! This allows you to connect with many people who you cannot talk to in person.
3. Share your story. Tell others why you are passionate about SuperWalk and how you want to make a difference.
4. Talk to your local businesses - grocery stores, post office, clothing stores, etc.
5. Fundraise with a team! You can pool your resources and work together to raise funds.
6. Create personalized letters to send to your friends and family who might not have or use the internet regularly.
7. Follow up with people after your ask. People have busy schedules and might need gentle reminders.
8. Talk to your employer and ask if they would consider donating to you.
9. Put the link of your fundraising page in your e-signature. This lets people know you are raising funds for SuperWalk.
10. No one can support you if you don't let them know you need their help. Ask anyone and everyone - you'll be surprised who will give!

Celebrating 200 Years

It has been 200 years since the description of the “Shaking Palsy” by James Parkinson. So we thought it was a good idea to provide you with a few tips on how to raise \$200 by September!

Mindfulness: A New Tool for Caregivers



There's a lot of talk about "mindfulness" these days. In fact, if you search the term on the Internet, you're likely to get millions of hits. Mindful-based approaches are being applied, taught and practiced across a wide spectrum of health; from pain relief and management to caregiving.

Yes, caregiving....as most of us are aware, caregiving can be all-consuming, potentially draining, enormously challenging and terrifically rewarding—all at the same time.

Nancy Kriseman, LCSW, was the first thought leader I know of to meld mindfulness with caregiving in her 2014 book *The Mindful Caregiver: Finding Ease in the Caregiver Journey*. Kriseman, a geriatric social worker with 30 years of experience highlights two major approaches here:

1. Adopting a practice of mindfulness, which helps caregivers become more self-aware and fully present with the person for whom they are caring
2. Honouring "the spirit-side" of caregiving, which offers new ways of connecting to one another. These approaches take into account not just the needs of the care recipient, but also the needs of the caregiver and other people in his/her life.

"Mindfulness reminds you that you matter!" says Kriseman. "It nudges you to be kind and gentle, non-judgmental and compassionate with yourself. It can help you prioritize, set limits, stay true to yourself and ultimately feel more at ease during the caregiving journey."

Mindful caregiving means being intentional. "Being intentional requires that caregivers learn to ask themselves the following about how they provide care:

- o Is this necessary?
- o Am I doing too much?
- o Am I expecting too much of myself?"

As a long-time caregiver advocate, whose mantra was, "Take your oxygen first!" I am happy to see this concept taken to the next level. I believe that mindfulness is the next, best practice to fight burnout and compassion fatigue, so prevalent in our midst.

One of the words commonly associated with the practice of mindfulness, a side effect if you will, is equanimity. “Equanimity” quickly came to suggest keeping a cool head under any sort of pressure, not merely when presented with a problem, and eventually it developed an extended sense for general balance and harmony.

It’s exciting to me that the act of learning how to pay attention and live in the moment just as it is can lead to more relaxation, more balance, more confidence in our actions, and a peaceful and skillful way of working and being in the world.

Seize the moment!

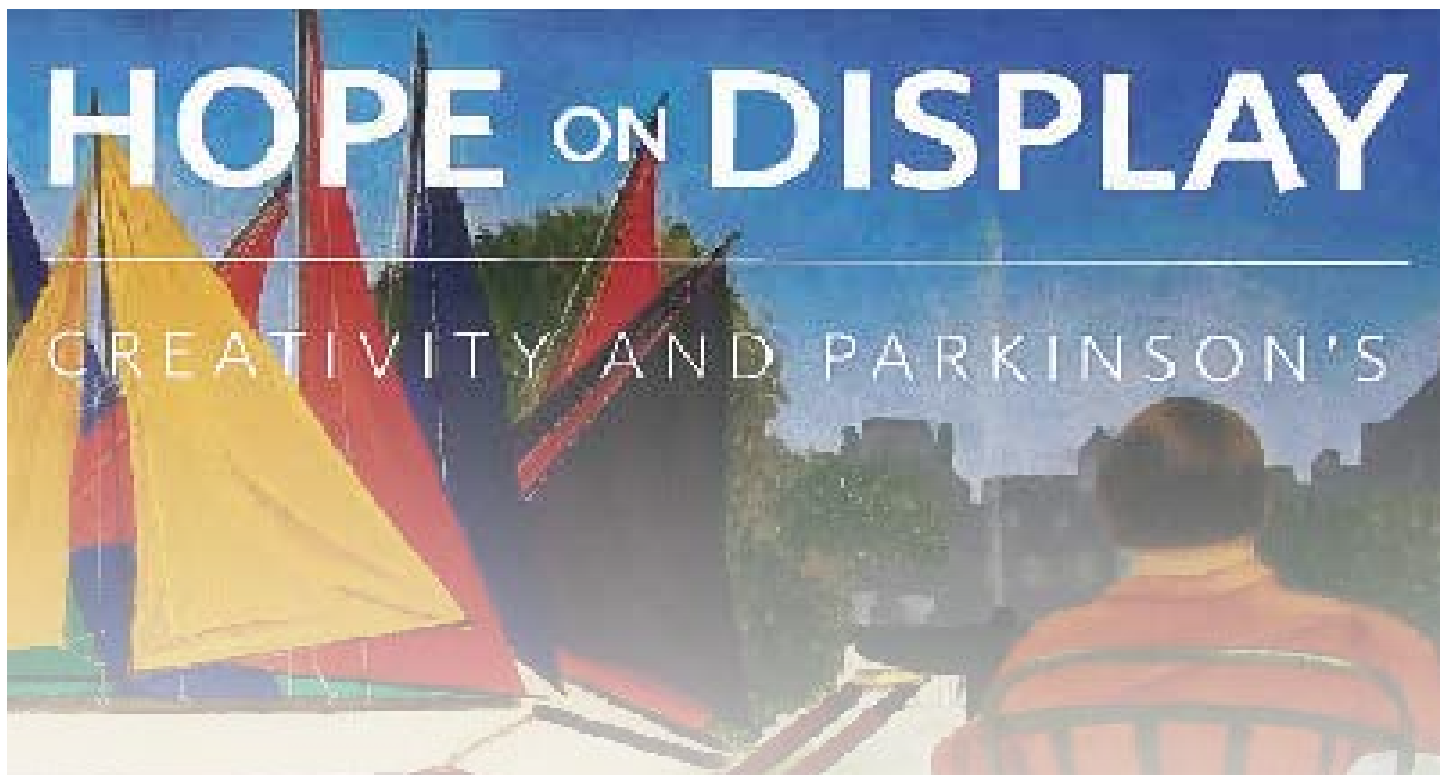
~Adapted from an article by Dr. Jamie Huysman

Summer Travel Tips:

- o Place the names of your doctor, insurance company, emergency contact, and medications in your purse or wallet.
- o Travel with a companion.
- o Pack snacks and carry a water bottle.
- o Carry identification that you have Parkinson’s disease.
- o Have at least a day’s dosage of medication in your purse or bag.
- o Pack enough medication for the entire trip, with a bit to spare.
- o Try to keep all your medications in your carry-on luggage, in the event your luggage gets misplaced.
- o Plan ahead if you will be in a different time zone. Some find it helpful to keep a watch or alarm on Saskatchewan time for their medication schedule.
- o Don’t get in a hurry. Pace yourself. Give yourself extra time; it can help reduce travel stress.
- o Don’t be ashamed or too proud to ask for early boarding when flying.
- o Don’t hesitate to ask for help.



**You can receive *The Parkinson Press*
by mail or by email.
Call 800-565-3000 to
make changes.**



The Hope on Display Calendar features the creative expressions of people living with, and affected by, Parkinson's disease demonstrated through their art forms.

We thank those who contributed to the 2017 edition and gratefully acknowledge those who submitted their creations for consideration.

If you are a person with Parkinson's, an artist of any kind (painter, photographer, jewelry maker, quilter, woodworker, sculptor, etc.), and you would like to be considered for the **2018 calendar**, please send an email telling us a little bit about yourself and include an image of your art.

Deadline for the 2018 Calendar Submissions: Tuesday, August 8, 2017

File format: high resolution picture format (.jpg,.tif,.png,.ai,.psd)

Email files (pictures plus text about your work and yourself) to: diane.newmanreed@parkinson.ca



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.*

**Nick Slobojan
Randy Dittmar
Earl Scoville
Ken Kleiter
Ron Rubernuik
Rosemarie Burgess**

**Norman Koch
Bill Wiskar
Alan Williams
Robert McLaren
Irene Freitag
Betty Fischer**

**Beryl Jordison
Gloria Hrykiw
Bill Anderson
Laura Anderson
Bertha Middleman
Nancy Ferguson**

Beta Sigma Phi helps Regina Chapter

“The Omicron Master Chapter of the Beta Sigma Phi are an incredible group of ladies who began working with the Regina Parkinson’s chapter in 2011, says Betty Lou Earl. I knew, as a group, we needed to start looking for extra hands to help with fundraising and awareness campaigns.

I chatted with a teaching colleague of mine who I knew belonged to a Beta Sigma Phi chapter in Regina. My friend, Sharlene, went to a city wide meeting of all the chapters and presented our plea asking who would like to help the Regina Parkinson’s support group with their annual hot dog sale. The Omicron Chapter accepted the offer.

The chapter worked at our annual hot dog sale until 2013. When we discontinued the hot dog sale they stayed with us and worked at our annual fresh tulip sales starting in 2014. When they came onboard with the tulip sales, I was able to expand the venues and increase public awareness and fundraising monies.

We are so fortunate to have such a wonderful group of women who represent the Parkinson’s chapter in Regina with pride, professionalism and understanding. On behalf of Parkinson’s Canada - Saskatchewan thank you for your time and dedication to the Regina Parkinson’s chapter.”





**OCT
28**

SAVE THE DATE!

Don't miss out on one of the most entertaining nights of 2017. 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

All proceeds donated to Parkinson Canada - Saskatchewan

For tickets and information: www.lowsinmotion.com

Return undeliverable items to:

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

