



EXERCISE “EXPERTS”

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the Parkinson press

December 2016



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Editorial Statement

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You should consult your physician and other healthcare provider before beginning any medical treatment, therapy, exercise, diet, or supplementation.

 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 (both North and South).

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

* administered by Parkinson Alberta



Lessons Learned Along the Way!

Back when I was dating the wonderful lady who later became my wife, we ran out of gas. We had been enjoying some time at a park just out of town. On a

gravel road a mile out of the city, I ran out of gas -- no, I didn't pretend to run out of gas, I truly, embarrassingly ran out of gas. It was not my best moment.

As there was almost no traffic on the road, and this was long before cell phones, I got out, asked my date to steer, and started pushing. It was a long way to the nearest gas station.

Almost everyone has had to push a vehicle that has run out of gas or one that won't start. The thing worth noting is that you've got to get the vehicle moving before you can steer. In life, you can't change direction without first creating some action.

In this edition of *The Parkinson Press* we will hear from several of our members who are "Exercise Experts" about the benefits exercise provides to their lives.

I have three favourite phrases that are helpful in bringing change and improvement: act today, believe in yourself and celebrate every success. Whether you are an exercise novice or expert, I hope this newsletter inspires you to engage in exercise on a new level.

As you read I encourage you to ask yourself four questions:

1. How can I take action today?
2. Am I believing in myself?
3. How can I celebrate every little step forward?
4. Could I inspire someone else to improve their exercise?

Enjoy the following pages and please feel free to share your thoughts and comments. Please email us at Saskatchewan@Parkinson.ca

Please remember: you should consult your physician or other healthcare provider before beginning any new exercise routine.

Todd MacPherson

Merry Christmas



Michelle, Todd & Jennifer



We hope the holidays will be filled with love, laughter, and a bit too much sweets. Merry Christmas to you and your family this holiday season.

~ Parkinson Canada Saskatchewan



ASK “OUR EXPERTS!”

This article came as a result of a conversation with one of our members, Dan Hatton, who is a dedicated and highly accomplished exerciser. As he described his program, he suggested that we ask our members themselves about exercise. Acknowledging that the “experts” are great, he stressed that because they don’t have PD, he would really like if more people who actually have Parkinson’s would explain about “what works” for them.

After sending out a request to several of our members, they did in fact write up their responses to some of these questions. We thank them for their openness and generosity in sharing their experiences. We believe that they can greatly inspire & benefit all of our members!

Did you exercise (much) before your Parkinson’s diagnosis? If yes, what did you do?

Darwin: Golf, jogging, dancing, hockey, billiards, fishing, canoeing, walking and cycling. Both before and after PD diagnosis.



Janice: Before my Parkinson’s diagnosis, I did not follow a regular exercise plan. I was very active in sports and was riding horses 5-6 days a week.

Jim: My pre-Parkinson’s regimen was sporadically intense. I would go a couple of years without lifting a finger, then go at it hard for a few years. My goals were primarily cosmetic – build muscle, trim the waistline. Now that I think about it, I had pretty much abandoned exercise in the last four or five years before my diagnosis.

What is your current activity & program? How did you learn? How much time do you spend daily, weekly?

Barrie: My daily activity includes:

a) Morning Exercises: done on the bed-stretching, some arm weights, resistance with elastic bands and

hand and voice exercises. Takes about 30 minutes.

b) Evening Exercises: some strength, balance and stretching exercises-about 30 minutes

We try twice weekly to attend exercise-walking classes with J. Lewgood at the city’s walking track, using poles for balance and strength. I do have a stationary bike and “arm pedals” but don’t use them as often as I should.

Bob: This year I switched to trail running and ran in the Canmore Rundle Revenge 25K and the Beaver Flat 50 10K in Saskatchewan. The next race is a half marathon at Kelowna in October.

Each year I make a number of trips to the Rockies, where I enjoy mountain climbing (all 12,000 foot peaks attempted or climbed), rock climbing, waterfall ice climbing and ski touring. This year, for example, I did ice climbing in March, spent 3 weeks conditioning and training for our North Twin trip, ski touring and skiing through the winter, a ski tour across the Saskatchewan and Columbia glacier with big packs to summit North Twin, a 12,000 footer.



The trip covered 68 km on skis. This summer I rock climbed Gooseberry on Tunnel Mountain and spent 5 days climbing and hiking at Mystaya. All of these trips took maximum effort and training.

My training regime is also quite rigorous. My support team consists of a professional trainer who designs all of my programs and teaches proper form, a sports physiotherapist who fixes me when I overdo it, and two professional guides.

The program changes with the seasons. This year I also added high volume and HIIT (high intensity interval training) to my upper and lower body resistance workouts and HIIT to my running training.

Randy: I have been going to the Parkinson's Exercise Program at the Field House for about 10 years now. This is a 3 times per week exercise class led by qualified instructors. Once a week I attend a Yoga class also geared towards people with Parkinson's. I have also participated in an Aqua Fit class 3 times a week, which I found to be helpful.

I was able to do more exercises in the water than on land, all without any pain in my ailing back. At home



I have a piece of exercise equipment called an Iron Horse, which works my back and is helpful for my cardio. At times, I joined a gym where I worked out on my own.

What got you motivated to start?" "What keeps you motivated?" "What are your long and/or short term goals?"

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

My LT goal is to protect muscle tone, and to protect myself, not to get injured. I am going for the long haul, to be comfortable.

My goal with my 5 km races and running in general is to maintain a consistent level of fitness, which I have been successful at thus far. I surprised myself when I looked up my old 5 km race times, as they are almost the same as 6 years ago!

Dwayne: My son Travis encouraged me to go to *PWR!* and gives me a push when I fall off my program. I know that exercise is something that I have control of, along with living a healthier life style all the way around. Quality nutrition, exercise, sleep, less stress all combined, I feel have improved my quality of life.

My goals? To get consistent & to stay with a routine program.

Randy: After I learned that I had Parkinson's, I did my research and found out that exercise was so important in maintaining a good quality of life. I am in my 15th year with this disease, and I believe that I am doing so well because I am able to keep my joints moving easily and not stiffening up. Exercise is the key to slowing up this disease.

Do you exercise alone, with a partner, or in a group? What works best for you?

Darwin: All 3 – group works best.

Dwayne: I find that if I work alone I can push myself at my own rate.

Jim: Group activities work best for me – which is something new. In the past, I shunned them. The support I got from the exercise group and the instructors made a huge difference in my attitude, my ability to exercise regularly, and my feeling of well-being.

How does exercise benefit your PD symptoms, eg tremors, energy level, depression, insomnia? How long after you exercise does this last?

Dan: Training definitely helps the tremours and energy levels.

Darwin:

It provides a physical and mental pick up, lasting 2 to 36 hours.

Janice: I have found the benefits of exercising to be many. I am better able to

maintain my current level of movement. I have a better range of mobility and flexibility. It improves my wellbeing and I feel a sense of accomplishment, knowing that I am trying to take control of my symptoms. I have noticed that if I don't stretch and move, then I get stiff and back pain ensues.



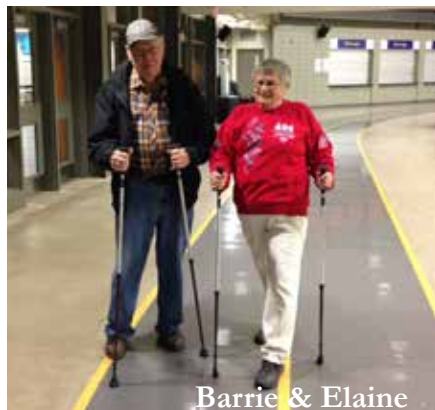
Randy: I don't really feel that exercise actually does get rid of my symptoms.

How do you balance vigorous aerobics (recommended) with the need to not “overdo”?

Barrie: I don't do much of what I consider “vigorous” aerobics, but when walking, as with anything, when I get tired I do rest.

Bob: I don't. I always err on the side of vigorous, but I always listen to my body!

Randy: Your body will let you know if you're overdoing exercising.



How has PD affected your program? What modifications have you made as your PD has progressed?

Barrie: My PD has “slowed me down” - my walking is slower and my body is stiffer when walking, and I tend to shuffle. So, when I'm doing daily things, including exercising, I must make myself be more conscious of my movements and must do the exercises faithfully, as I would only be cheating myself otherwise.

Bob: So far, PD has not affected my program.

Janice: Parkinson's has affected my life in many ways. I would have to say the hardest to accept has been the change in my riding. I had to change how I ride my horse, which was a struggle. I lost the use of my left side while riding my horse, and this created an imbalance in my body. It became difficult to stay on; I could no longer use my left leg or left hand properly. Having to adapt took time and effort on the part of my horse, myself and my trainer. We started to train my horse using cue words, I started riding with my right hand and made modifications to some equipment that is used while riding. Other modifications in my life include - going to sleep earlier, resting during the day when needed, changing

eating habits- for example eliminating refined sugars, avoiding processed foods and drinking mostly water. Socializing became difficult, as I can no longer stay up late.

Jim: Modifications to the exercise program? The instructors are pretty good about changing up the exercise routines. Modifications I initiate? I suppose those would have to do mostly with the intensity of workouts. I try not to slack off, but lately I've been feeling played out by the end of a session — recovering takes three days sometimes, compared to a few hours six months ago.



What advice would you give to a newly diagnosed person?

Dwayne: I believe that the phrase “Use it or lose it” covers it. Get active & stay active. Taking your health in your own hands and living a healthy lifestyle with quality nutrition, exercise, getting your rest and avoiding stress: these are all things we have control over.



Janice:

- Join a support group.
- Talk to others who have Parkinson's, who can understand how you feel. It's finding the common ground (I love talking to others, it makes me feel good).

- Research, learn as much as you can.
- Be willing to try different things and see what works for you.
- Stay active, persevere, keep fighting, believe you can do it.
- Cut yourself some slack. Dealing with Parkinson's is not easy, it is a process. One that takes time, patience and understanding.
- Accept the support given by others.
- Exercise, Exercise, Exercise- find something that works for you, something that you enjoy and that you will continue to do.

Other comments?

Dan: *Financial* - It shouldn't cost a lot of money to be fit. I got some of my equipment at Walmart, and some by rummaging around. There is the "Flintstone" workout, where you use materials which are handy and around you!



You can find a corner somewhere where you can do push-ups, etc.

I have weights, a bench, rubber mats for stretching, hand weights, and I do chin-ups on a bar.

I don't think one should spend a lot of money; this can be done for almost no money.

I want to stay about the same as I am now. I do my best with the equipment I have now.

Dwayne: One thing you don't hear much about is nutrition. The body needs quality nutrition in a form it can recognize. I have been taking a whole food nutrition supplement for the past five years & feel that it has been a positive factor in slowing the progression & reduced the need for medication increases.



GETTING STARTED

Have Fun!

- Pick *one activity* to start with that you would enjoy doing.
- Consider a variety of activities over the week, to keep it interesting.
- Ask a friend or partner to join you.
- Don't forget that walking is a great way to start!
- Joining a group exercise can be a good option.

Exercise Smart!

Identify something you could do for each of the Exercise goals:

- Aerobic
- Flexibility
- Strengthening
- Balance

Keep It Safe!

- Work with a physiotherapist or exercise therapist to develop a specific program that meets your needs. They can ensure that you're performing exercises safely, and that they are right for you.
- Consult your doctor before starting an exercise program, especially if you have other health issues, or are over 60.

Please note:

We are very grateful for each member who shared their experiences and advice. Unfortunately, due to space limitations, we were unable to use all the comments and information they provided.

If you would like to request the full version of these interviews please contact the Parkinson Canada Saskatoon office.

saskatchewan@parkinson.ca
888-685-0059

Parkinson SuperWalk

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

**PARKINSON
SUPERWALK**

2 MILLION
raised across
Canada in 2016.

5 WALKS
MOOSE JAW
ESTEVAN
HERBERT
REGINA &
SASKATOON

OVER
580
participants & volunteers

OVER
\$110,000
raised in Saskatchewan

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 \$35 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.

Saskatchewan SuperWalk Success

In 2016, we had five walks across Saskatchewan -- Regina had 100 participants raise over \$23,000, Saskatoon had 240 participants raise over \$59,000, Herbert had 50 participants raise over \$6,200 and our first ever SuperWalks in Estevan and Moose Jaw were a great success with 75 people who raised over \$5,800 in Estevan and 115 people who raised over \$11,000 in Moose Jaw!

Thank You

We wish to extend a huge thank you to you, our sponsors, donors and volunteers who helped us raise over \$110,000 in Saskatchewan. Your generosity provides hope!





PARKINSON **SUPERWALK**



A Report on World Parkinson Congress 2016

After attending World Parkinson Congress 2013 in Montreal it was very exciting to be able to take in WPC 2016 in Portland, Oregon, meeting up with new & old friends. There were over 4,500 attendees from 67 different countries coming together for an amazing experience!

It was truly an exciting week of exchanging ideas, being stimulated and challenged, experiencing the depth and knowledge of commitment and involvement from the entire Parkinson's community around the world, and witnessing the courage of so many people living with Parkinson's. The four days were filled with sessions that were highly scientific and inspirational, on topics like wellness, education, and research, from both physicians and people with Parkinson's. With so many great topics to choose from, I found it a tough task to have to pick and choose which to attend. Though one thing I did learn for this year was to pace myself – you can't get to everything!

I had enrolled in the "Buddy Program" prior to the Congress and was suited up with a gal from California. It was great to get to know someone on the same

level and to discuss similarities and differences of life with Parkinson's all around the world.

There were 300 poster projects from all of the countries attending – experiments and discoveries on all aspects of Parkinson's disease. A lot of creative suggestions for hobbies and activities were on offer: singing, dancing, painting, etc. As well as a quilt walk – this definitely had a story.

Several booths and sponsors with informational and knowledgeable findings; with my favourite being Rock Steady Boxing; Google it - it is amazing!!!! Exercise was a huge part of the conference, with new and exciting wellness programs being offered every day for those who needed a break from the science.

I would encourage you all to "save the date" for the 2019 World Parkinson's Congress being held in Kyoto, Japan, June 2 - 7, 2019. See you there!

Nancy Kelley

P.S. Just because you've been given a diagnosis, does not mean the end of your life, get out there and be Creative!!!!



Parkinson Canada sponsored the Stanley Fahn Young Investigators Award presented to Morten Gersel from Stockholm.

WPC 2016 ~ By The Numbers

4555 Registrants

- 28% People with Parkinson's
- 20% Caregivers
- 40% Neuroscientists, researchers & health care professionals
- 8% Exhibitors
- 4% Guests & medical staff
- 199 Speakers
- 125 Hours of scientific sessions
- 67 Countries represented
- 600 Research posters
- 125 *AMAZING* volunteers
- 28 Not-for-profits represented
- 120 travel grants
- 260 donations by delegates for registration fees for others to attend

Exercise is for Care Partners, Too!

Sandra and Perry Luchia were active in the Moose Jaw support group as it formed in 2013.

We are grateful to Sandra for sharing her story about the value of exercise in her life.



Sandra kayaking

Staying physically active is crucial and I am so glad I did.

Perry was an early onset Parkinson's patient, diagnosed at 40. At the time, I was 37 years old with three children ages 12, 9, and 6. My regular exercise program of attending aerobics classes had been set aside due to life with our busy family.

When we received Perry's diagnosis, I realized that someday he would not be able to do as much and that my fitness was now very important. We had a family dog and lived in a great area for walking. I took on a brisk 5 km daily walk. I'm grateful I did.

Once Perry retired due to his health, about 7 years later, he joined me on those daily walks and we all benefitted, including the dog!

I also have access to water and purchased a kayak a few years ago. Like walking, paddling is peaceful and can be a great stress reliever.

This kayak breaks apart and I can add a middle piece with another seat and make it a tandem. Perry couldn't paddle by himself but we could go together; him in the front and me in the back. This worked perfectly for his situation and he really enjoyed it. Sadly, I have no pictures of the two of us in it together, or of us walking our dog together.

There are many household chores that require strength and mobility; I was able to take those activities on when Perry was no longer able to. Asking others for help would have caused Perry stress. I believe it was better for him that we remained able to do as much as we could ourselves and that was achieved by my staying fit.

I continue my daily walking regime with our dog and believe the health benefits have helped me cope with his passing as well.

The entire Parkinson community was saddened when Perry died in March of this year. Following his passing, members of the Moose Jaw support group initiated a local SuperWalk. 115 people participated and raised over \$11,000.



Critical Connections Among Brain Cells

Making connections is not only important for people's emotional well-being – it is also critical for healthy brains. As researchers are now discovering, the synapses, or the connections that convey signals and information from one neuron to another, may hold clues about what causes Parkinson's disease.

At the University of Montreal, molecular biologist Charles Ducrot investigates the role synapses play in the reason that dopamine-producing neurons in one part of the brain are more vulnerable to death than those in another part of the brain.

His work is being funded by a \$30,000, two-year Graduate Student Award from the Parkinson Canada Research Program, supported by the Quebec Research Fund* on Parkinson of Parkinson Quebec and Parkinson Society British Columbia.

Earlier research has already established the death of those dopamine-producing neurons as central to Parkinson's disease. Now Ducrot, a PhD student, is testing a theory that the less vulnerable neurons in the brain's ventral tegmental area (VTA) stay alive longer than those in the substantia nigra because the VTA neurons establish more synapses that release a chemical messenger called glutamate. Such synapses may allow them to communicate better with their target cells and receive signals that facilitate their survival.

Ducrot wants to find out if dopamine-producing brain cells in the substantia nigra die because they have fewer glutamate synapses, and can't receive as many survival signals.



Charles Ducrot

To test his theory, Ducrot and his colleagues have identified key proteins involved in forming these connections, or synapses. Using cell cultures, he will increase or decrease the amount of these proteins expressed in the cells, to change the number of synapses the neurons form. Then he will expose the cells to toxins that produce Parkinson-like symptoms, to see if the brain cells with fewer synapses are more vulnerable and die.

“We know that synaptic contacts are very important, and in some way involved in survival,” Ducrot says. He believes that “if we increase the expression of these proteins, we increase the number of synapses, and we might decrease the vulnerability of neurons in Parkinson's disease.”

If Ducrot can prove his theory, he hopes to lay the foundation for a new type of gene therapy.

Ever since his first year in university, when he learned about dopaminergic neurons, Ducrot has been fascinated with discovering the causes of Parkinson's disease. “It's a common disease, and I want to know and understand more about it,” he says.

*Quebec Research Fund on Parkinson is funded notably, by the Saucier-van Berkomp Parkinson Quebec Research Fund.

reprinted from eParkinsonPost ~ www.parkinsonpost.com

You can read about other researchers recently funded by the Parkinson Canada Research Program on the www.parkinson.ca website.

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

Tesla's Birthday Gift

Parkinson Canada is equally grateful for every donation we receive, big or small; but every now and then we receive a donation that feels just a little bit extra special.

Earlier this year, our office received a cheque and letter from a young girl named Tesla. Tesla's letter included a \$60 donation for research. Here is what she wrote:

Dear to whom it may concern

My name is Tesla Steiner and this year for my birthday I asked for some money to donate the Parkinson's society.

My great aunt has it and I hate to see her suffer with it, so this money is to help with the research on a cure for this disease.

Thank you for your time

Tesla Steiner

Dear ~~to~~ to whom it may concern

My name is Tesla Steiner and this year for my birthday I asked for some money to donate the Parkinson's ~~society~~ society.

My great aunt has it and I hate to see her suffer with it, so this money is to help with the research on a cure for this disease.

Thank you for your time
Tesla Steiner

Thank you Tesla for your kind gift. We will keep investing and working until a cure is found and we have a world without Parkinson's Disease!

Parkinson Canada thanks all our donors. Your gift brings research, advocacy, education and support services to the over 100,000 Canadians with Parkinson's disease. Thank You!

Partners for Parkinson's -- Reasons why monthly giving might be right for you!

Monthly giving is an easy and affordable way for you to help Parkinson Canada. A little each month adds up to a significant help for people with Parkinson's.

- 1. It's easy & convenient** - You don't need to fill out donation forms, write cheques, or buy stamps. You automatically donate each month.
- 2. It's flexible** - You can make changes or cancel your donation at any time. Just call Parkinson Canada at 1-800-565-3000.
- 3. It's reliable** - You help us save on postage, and we can count on your support every month. This means more of your gift goes to research, education, advocacy and support services for people with Parkinson's.

Here is my monthly gift of: ☐ \$10 ☐ \$15 ☐ \$25 ☐ I prefer a monthly gift of \$ _____

This charitable donation is made on behalf of: ☐ an Individual ☐ a Business **Starting month:** _____

OPTION 1 ☐ Please withdraw this amount monthly from my bank account each month.
I have enclosed a cheque marked VOID.



OPTION 2 ☐ Please charge my credit card each month. ☐ VISA ☐ M.C. ☐ AMEX
Card #: _____ Exp: ____ / ____
Signature: _____

*Thank you for
your support.*

Your preauthorized monthly gifts will be deducted on the 15th of each month and you will receive one tax receipt at the end of the calendar year.

I understand that I can revoke or make changes to this authorization at any time in writing or by calling Donor Services at 1-800-565-3000 with 30 days notice. I have certain recourse rights if any donation does not comply with this agreement (i.e.: I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this pre-authorized payment agreement). To obtain a sample cancellation form, or for more information on my right to cancel a pre-authorized payment agreement or my recourse rights, I may contact my financial institution or visit www.cdnpay.ca.

Parkinson Canada respects your privacy. The information you provide will be used to keep you informed and up to date on the activities of the organization. If at any time you wish to be removed from these contacts, or would like more information about donor privacy, please call our Privacy Officer at 1-800-565-3000.

Making Your Wishes Known Can Help Others

November was “Make a Will” month!

Did you know that more than 50 per cent of Canadians do not have a Will? A carefully written Will ensures that your assets can be distributed according to your wishes, after your death. This document must be signed by you and witnessed. By taking the time now to consider your wishes and write them down, you provide such an important planning tool for the financial security of your loved ones. Financial advisors and estate lawyers recommend that everyone should have a Will. Age is not a factor. If you have assets, you should have a Will. Are you prepared? If not, there are experts who can help.

Through careful planning, you can enhance your financial benefits, while creating a legacy of hope for future generations. Bequests in your Will allow you to continue to support the causes that are important to you during your lifetime. Bequests often have the largest impact when you direct a portion, or percentage, of your estate to a cause, achieving tax savings for your estate.

Benefits to you by making a gift to charity in your Will

- **Convenient:** It can be made regardless of your age and for any amount.
- **Cost-effective:** Your present income will not decrease.

- **Simple:** It is easy to arrange. Simply instruct your lawyer to include a gift to Parkinson Canada in your Will. It can be a specific amount, a percentage of your estate, or the residue of your estate (a gift after debts have been paid and other gifts have been distributed.)
- **Tax Relief:** Your estate will receive a charitable tax receipt which can be used to reduce taxes on your final tax return and, in some cases, the previous year's tax return.

Benefits to Parkinson Canada and the people you help

- **Helping people with Parkinson's:** Your gift will enable us to provide education and support services, and advocate on behalf of Canadians living with Parkinson's.
- **Investing in a cure:** Your gift will also provide funding for innovative research, expanding our knowledge about early symptoms, diagnosis and treatments for Parkinson's disease, and ultimately bring us closer to a cure.

On November 23, 2016, Parkinson Canada offered a free webinar on Will Planning and Power of Attorney. The webinar was presented by Stephen Offenheim, B.A., L.L.B, Member of the Law Society of Upper Canada. If you miss the live webinar, you can view it later online. Visit www.parkinson.ca.

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
1-800-565-3000 ext. 3386

 Parkinson Canada



Charitable Registration # 10809 1786 RR0001

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.

Florence Anderson
Dr. Balakrishnan
Shirley Berini
Bodo Diedrich
Yvonne Ehman
Michael Gutting
Catherine Haiste
Grainne Hurley

Lynne Johnson
Patricia Johnson
Viola Mae King
Nicholas Joseph
Koshman
Winnifred Larson
George Neilsen
Isabelle Nelson

Oran Reiman
Lyman Pigeon
Ruth Joyce Smith
Rita Waugh
Mary Whiting
Frank Zulyniak

*Those we love remain with us,
for Love itself lives on.
Cherished memories never fade,
because a loved one is gone.*

*Those we Love can never be,
more than a thought apart.
For as long as there is memory,
they'll live on in our heart.*

SAVE THE DATE

Chats with Sandie Jones, RN - Dec 13th @ 11am

(check our Facebook page for more details)

**Parkinson Canada Saskatoon Office closed for the
Holidays Dec 24th to Jan 2nd**

Chats with Sandie - Jan 10th @ 11am

Chats with Sandie - Feb 14th @ 11am

Chats with Sandie - Mar 14th @ 10am

Chats with Sandie - Apr 11th @ 10am

Parkinson Awareness Month - April 2017

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

 Parkinson Canada

Living Well

Education Conference

*April 28-29, 2017
Ramada Regina*



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