LiveWire
ONTARIO

Fall & Winter 2017

Parkinson Canada

As you start to browse through your Fall & Winter issue of LiveWire, I want to draw your attention to a few things...

You will find a free copy of the 2018 Hope on Display calendar included in this issue of LiveWire, featuring the creative expressions of people living with Parkinson's. The printing and distribution of more than 10,000 copies of the calendar is once again supported by a generous donation from Nora Fischer. I know we all love seeing the work of these artists all year long and really appreciate this donation.

SuperWalk for Parkinson's is always a great highlight in our year—make sure you visit pages 10 to 12 to see the results for 2017 photos, and read all about the lighting of the CN Tower on the next page.

In addition, you will see some great information about our research program and highlights of two of our newly funded researchers on pages 8 and 9.

Finally, I wanted to let all of you know that I am retiring at the end of December 2017. There have been so many highlights during my 17 years and I have been honoured to work with, and get to know, so many great people—I will truly miss all of you. Thanks for being such a big part of my life; you will always be in my heart.

Debbie

Who Are You Going to Call in Ontario?

www.parkinson.ca

800-565-3000

New Staff Person January 2018, Managing Director, Ontario

You or someone you care for has been recently diagnosed, a diagnosis has changed, or you are looking for information on a particular topic related to Parkinson's disease:

Sandie Jones, Information and Referral Associate
ext. 3375
sandie.jones@parkinson.ca

Robert TerSteege, Information and Referral Associate
ext. 3372
robert.tersteege@parkinson.ca

Angela Supino, Support Services Counsellor, Ottawa
ext. 3423
angela.supino@parkinson.ca

Shannon Harrison, Information and Referral Associate
ext. 3420
shannon.harrison@parkinson.ca

You would like more information about volunteer opportunities:

Elisabeth Schoep, Volunteer Services Coordinator
ext. 3304
elisabeth.schoep@parkinson.ca

You would like more information about Parkinson SuperWalk:

Amanda Stanton, Manager, Events and Partnerships
ext. 3371
amanda.stanton@parkinson.ca

Melinda Good, Events & Partnerships Associate (Toronto Office)
ext. 3374
melinda.good@parkinson.ca

You would like information on joining the Partners for Parkinson's Monthly Giving Program or donating to Parkinson Canada:

Alan Muir, Manager, Resource Development Ottawa
ext. 3427
alan.muir@parkinson.ca

Sue Rosenblat, Manager, Major, Planned Giving and Foundations
ext. 3386
sue.rosenblat@parkinson.ca

You would like more information about support groups, chapters, tulip sales, Parkinson SuperWalk, education sessions, or third party events in your local community:

Karen Dowell, Community Development Coordinator, Western Ontario
ext. 3376
karen.dowell@parkinson.ca

Paul Scibetta, Community Development Coordinator, Southwestern Ontario
ext. 3337
paul.scibetta@parkinson.ca

Naseem Jamal, Community Development Coordinator, Toronto
ext. 3377
naseem.jamal@parkinson.ca

Anne McNamara, Community Development Coordinator, Central Ontario
ext. 3326
anne.mcnamara@parkinson.ca

Marielle Henderson, Community Development Coordinator, Northwestern Ontario
ext. 3331
marielle.henderson@parkinson.ca

Estelle Joliat, Community Development Coordinator, Northern Ontario
ext. 3317
estelle.joliat@parkinson.ca

Diane Newman Reed, Community Development Coordinator, Eastern Ontario
ext. 3315
diane.newmanreed@parkinson.ca

Ginette Trottier, Community Development Coordinator, Eastern Ontario / Coordonnatrice au développement communautaire, l'est de l'Ontario
ext. 3422
ginette.trottier@parkinson.ca

Margaux Wolfe, Community Development Coordinator, Eastern Ontario / Coordonnatrice au développement communautaire, l'est de l'Ontario
ext. 3425
margaux.wolfe@parkinson.ca

You would like more information about the Ambassador Program in Ontario or would like more information on Parkinson Canada's advocacy work:

Lorena Araujo, Coordinator, Mission Programs
ext. 3343
lorena.araujo@parkinson.ca

Parkinson SuperWalk 2017

Communities across Canada rallied in support of people living with Parkinson's and in search of a cure this September, with more than 4,000 fundraising walkers and more than 10,000 participants coming together to raise more than $2 million. People living with Parkinson's were joined by family and friends, dedicated volunteers, healthcare professionals, and researchers across the country. Ontario participants contributed heavily to the success of the 27th annual Parkinson SuperWalk, so far raising more than $1.2 million at over 40 walk sites.

To mark this year's landmark fundraising total, and in the spirit of "shining a light" on the accomplishment and on everyday heroes across the country, the CN Tower was lit in SuperWalk's blue and red following the walk, an idea that came from Peterborough walk coordinator, Lanny Thomas.

"As one of the co-ordinators of the SuperWalk in Peterborough, it was a lot of hard work but with the help from volunteers and participants, it came together nicely," said Lanny. "Seeing the CN Tower light up in our colours was an amazing ending to the 2017 campaign."

Lanny and more than 50 local walk coordinators work tirelessly throughout the year to make SuperWalk a success. From sourcing local sponsors, promoting the event, and managing all logistics, SuperWalk would not happen without these dedicated volunteers.

"For me, there are so many SuperWalk highlights," said Lanny. "From the smiling faces during the warm-up exercises, the continued emotional and financial support from family and friends, and our special guest Adam van Koeverden (four-time Canadian Olympian in kayaking), it was a huge success and gave me a great sense of accomplishment."

Beyond the success of the walk, Lanny shares a similar sentiment with all local walk coordinators: "SuperWalk is really about getting together with Chapter members, community, friends, family, and even strangers who all share the same goal: increasing the awareness of Parkinson's, and hopefully one day finding a cure."

We're thankful for the support of all of our participants and volunteers across Ontario, and we appreciate your passion and continued support. You'll find the Top Walkers, Top Teams, and Walk Totals for Ontario listed later in this issue. Congratulations on your fundraising success!

We look forward to seeing you at the next Parkinson SuperWalk on September 8 and 9, 2018.

Vous n’êtes pas seul!

La vie peut prendre un virage inattendu lorsqu’un proche ou un ami reçoit un diagnostic de maladie chronique comme la maladie d’Alzheimer ou une maladie apparentée, la sclérose en plaques ou la maladie de Parkinson. Le diagnostic est venu confirmer vos inquiétudes, et vous tentez maintenant de déterminer comment aider cet être cher.

Vous n’avez peut-être jamais rencontré quelqu’un atteint d’une de ces maladies. Du jour au lendemain, vous assistez à des rendez-vous médicaux et avez l’impression que le médecin parle une autre langue. Si vous n’avez jamais été aidant auparavant, vous ignorez sans doute une phrase très importante dans le vocabulaire d’un aidant : « J’ai besoin d’aide. »

Il est facile de se sentir seul au monde. N’oubliez cependant pas que le rôle d’aidant, même s’il est tout nouveau pour vous, n’a rien d’unique. Selon les données de 2013 de Statistique Canada, 8,1 millions de Canadiens jouent ce rôle, soit un Canadien sur quatre. De ce nombre, 54 % sont des femmes, et 46 % sont des hommes. Par ailleurs, 6,1 millions d’aidants tentent également de remplir leurs obligations professionnelles tout en prodiguant les soins.

Rappelons cette citation célèbre de Rosalynn Carter, ancienne première dame des États-Unis : « Il n’existe que quatre types de personnes dans le monde : celles qui ont déjà été aidantes, celles qui le sont actuellement, celles qui le seront un jour et celles qui auront besoin d’un aidant. »

Tout comme vous, ces 8,1 millions de Canadiens pourraient un jour ou l’autre avoir besoin d’aide. Vous vous sentez peut-être épuisé et avez besoin d’une pause. Vous avez peut-être de la difficulté à comprendre les explications du médecin, ou vous avez peut-être besoin du soutien émotionnel de personnes qui vivent une situation similaire.

Nos trois organismes ont comme point commun d’offrir de l’information sur la maladie dont votre proche est atteint. Vous n’avez peut-être pas l’occasion de poser des questions de base au médecin ou avez de la difficulté à trouver de l’information exacte et fiable sur le Web. Le personnel de chacun de nos organismes est là pour répondre à vos questions. Compétent et empathique, il peut vous fournir de l’information et vous aiguiller vers des services de soutien dans votre collectivité.

Les aidants nous appellent pour diverses raisons, dont les suivantes;

- ils ont des questions d’ordre général sur les différents stades de la maladie;
- ils ont besoin de ressources pour leur famille;
- ils se demandent comment accéder aux services médicaux et sociaux.

Nous ne pouvons pas vous dire quoi faire, mais nous pouvons mettre à votre disposition des ressources qui vous aideront à prendre des décisions éclairées, pour vous comme pour la personne dont vous prenez soin. Sachez que nous sommes là pour nous assurer que les personnes vivant avec la maladie *et* les aidants comme vous ne sont pas seuls.

Lectures complémentaires :

Liens fournis à titre informatif seulement. La Société Alzheimer du Canada, la Société canadienne de la sclérose en plaques et la Société Parkinson Canada n’approuvent pas nécessairement le contenu des sites Web. Consultez toujours votre fournisseur de soins pour connaître les traitements qui s’offrent à vous.

Conversations à propos des soins, c’est entre vous et la personne que vous aidez

https://www.canada.ca/fr/emploi-developpement-social/ministere/aines/forum/conversations-soins.html

Carers Canada/Proches Aidants au Canada

http://www.carerscanada.ca/

Société Alzheimer Society
CANADA

MS Multiple Sclerosis Society of Canada
Société canadienne de la sclérose en plaques SP

Parkinson Canada

En tant qu’organismes de bienfaisance voués au mieux-être des personnes atteintes d’une maladie neurologique, la Société Alzheimer du Canada, la Société canadienne de la sclérose en plaques et la Société Parkinson Canada poursuivent un même objectif, à savoir soutenir les aidants qui procurent des soins à un proche aux prises avec une telle maladie. C’est pourquoi elles ont conclu un partenariat afin de partager des ressources, de fournir de l’information et d’offrir des webinaires en vue de soutenir les proches aidants.

You are not alone!

Life can change direction drastically when a family member or close friend is diagnosed with a chronic health condition like Alzheimer's disease, another form of dementia, multiple sclerosis, or Parkinson's disease. Your suspicions that something was wrong have been proven, but now you have to figure out how to support that person.

You may have never had personal experience with any of these conditions. Suddenly, you find yourself going along to doctor appointments and feeling as if the doctor is speaking a whole other language. If you have never had to be a caregiver before, you probably haven't learned a very important part of a caregiver's vocabulary: "I need help."

It is easy to feel like you are alone. Keep in mind though, that while being a caregiver may be a unique experience to you, being a caregiver is not unique. According to Statistics Canada 2013, 8.1 million Canadians are caregivers. That is one in four Canadians; 54% are women and 46% are men. 6.1 million caregivers are also trying to deal with employment issues while providing care.

There is a famous quote by former First Lady of the United States, Rosalynn Carter: "There are only four kinds of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."

Sooner or later, those 8.1 million Canadians may need some help, just like you. You may need a physical break; you may need help understanding what the doctor has said; or you may need some emotional support from people going through the same thing as you.

One of the common services provided across our organizations is information about the condition you are dealing with. You may not have the opportunity to ask the doctor basic information about the condition or you may find it overwhelming to use the internet to find appropriate, evidenced-based information. There are staff in each of our organizations who may be able to help answer your questions. Knowledgeable and compassionate staff at each organization may be able to provide information and referrals to appropriate local support in your community.

Common reasons that caregivers call us include:

- general questions about different stages of the condition;
- printed material to share with family;
- how to access medical and social service systems.

While we cannot tell you what to do, we can provide you with resources to help you make informed decisions for yourself and those you care about. Please know that we are there to ensure that not only the person living with the disease, but also caregivers like you who are affected by it, are not alone.

For further reading:

Links provided are for informational purposes only and do not necessarily represent an endorsement by the Alzheimer Society of Canada, MS Society of Canada, or Parkinson Canada. Always review treatment options with your own health care provider.

Care conversations, it's about you and the person you support

https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/care-conversation.html

Carers Canada/Proches Aidants au Canada

http://www.carerscanada.ca/

As health charities supporting individuals with neurological conditions, the Alzheimer Society, the Multiple Sclerosis Society of Canada, and Parkinson Canada have natural commonalities in the people they serve and support. A key commonality is the family caregiver who provides support to people living with these respective diseases. Our organizations have partnered to share resources and provide new information and webinars to support family caregivers.

Société Alzheimer Society
CANADA

MS Multiple Sclerosis Society of Canada | Société canadienne de la sclérose en plaques SP

Parkinson Canada

Educate PD Project Summary

People living with Parkinson's disease (PD), caregivers, family members, and health professionals who take care of PD patients were invited to participate in Educate PD, a new stimulating research project designed to help us improve the way health professionals communicate with patients and caregivers regarding PD. Those who took the survey were invited to answer questions to provide the information needed to create a tool aimed at improving communication between patients, caregivers, and health professionals. We are happy to report the initial results of the Educate PD survey. Thank you to all who participated in responding to our questions.

Sean Udow and Connie Marras, Investigators for Educate PD

Background

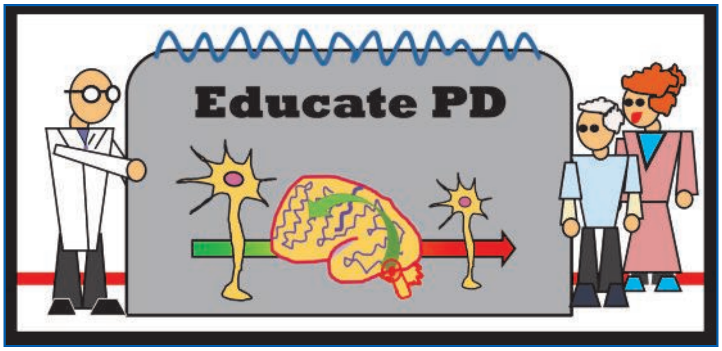
Parkinson's disease (PD) is a complicated condition characterized by degenerative changes to the brain that cause a wide variety of symptoms which are often managed by multiple medications. In our clinical experience, people with Parkinson's (PwP) and their care partners often have trouble understanding various aspects of PD. This understanding may be restricted by the complexities of PD itself and the ability of a health care professional (HCP) to explain the complexities. Educate PD is a project aimed at designing a visual educational tool to aid in explaining and understanding Parkinson's disease.

Overall Goal

We sought to survey people with Parkinson's, caregivers, and health care providers in order to determine what sorts of issues relating to PD they need help in understanding and explaining.

Methods

The Educate PD survey questionnaire was designed through a collaborative process between seven clinicians from four Canadian institutions, each with expertise in PD. We categorized PD issues into seven main domains: basic science, diagnosis, motor symptoms, non-motor symptoms, cognitive symptoms, treatment, and prognosis. We asked PwP and caregivers to rate how well they understand and how satisfied they were with explanations of each of these areas. We asked HCPs to report how often they encounter patients who have trouble understanding these areas, and how likely each HCP is to use a visual aid to explain these issues.



Results

Over a six-week period, 450 people with Parkinson's (PwP), 335 caregivers, and 96 HCPs answered our questionnaire. The majority of respondents were from Ontario but we received responses from individuals from across Canada, representing every province and territory except Nunavut and Yukon.

Of the 450 PwP, 45.6% were women and 54.4% were men. They ranged from 23 to 94 years old, and just over half were younger than 70 years old. Nearly 50% of PwP had PD for five years or less, and the other 50% had PD for more than five years. The majority of the 335 caregivers (73%) were women: 66% identified as the spouse of a PwP and 21% as the child of a PwP. The HCPs included 36 physicians, 22 physiotherapists, 18 nurses or nurse practitioners, and various other members of the interdisciplinary health care team.

Results of the survey indicate that the majority of people with Parkinson's and their care partners do not think they fully understand most issues in PD and are not very satisfied with how their health care providers explain these issues. Similarly, the majority of HCPs think it's important for patients to understand PD and the majority would use a visual tool to discuss PD if made available.

Educate PD Project Summary (continued)

Comparison of subgroups of respondents showed that PwP with more than five years of PD were more likely to fully understand and to be very satisfied with explanations of issues in PD than those with PD for a shorter duration. We also found that younger PwP (those under 70 years of age) were more likely to fully understand and to be very satisfied with explanations of PD than those who were 70 years or older. Compared to PwP who reported their HCP spent under 15 minutes discussing PD issues in clinic, those PwP who reported their HCP spent over 15 minutes were more likely to say they fully understood and were very satisfied with explanations.

There was no difference in the issues identified when comparing movement disorder specialists to other physicians. Non-physician members of the health team were more likely to report they would use a visual aid to discuss motor symptoms, cognitive issues, and prognosis than physicians.

The main areas of PD identified as poorly understood and poorly explained by all groups included cognitive issues and non-motor symptoms. Treatment, prognosis, and basic science were also identified as important, though not as strongly. This study therefore recommends a heavier focus on these areas when designing a visual tool to help discuss Parkinson's disease.

Conclusion

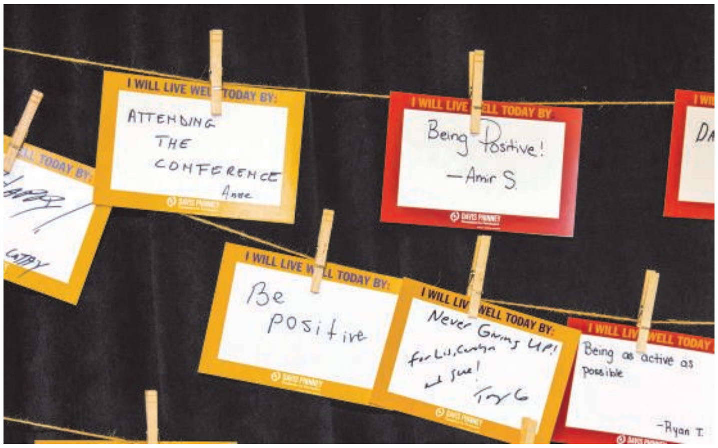
There was a general lack of understanding and low satisfaction in the explanation of all domains of PD. Overall, the results of this survey support the need to develop a visual tool to help discuss PD. We plan to use the results of this survey to focus on the content areas identified as the most important to understand and currently the least satisfactorily explained. Since there was a general lack of understanding and low satisfaction in all areas, we will also try to be comprehensive in the creation of this educational tool.

Again, we thank those who took the time to respond to this survey. We would also like to thank Parkinson Canada for supporting this study.

The Victory Summit®

On Saturday October 14, 2017, more than 550 people joined the Davis Phinney Foundation and members of the Ontario Parkinson's community for The Victory Summit® Parkinson's symposium.

Featuring a diverse group of presenters and topics—including exercise, dance, medications, alternative treatments, and more—attendees were provided with tips and tools on how to live better with Parkinson's.



Parkinson Canada Researchers Passionate About

Clinician scientist Dr. Michael Schlossmacher and PhD candidate Anita Abeyesekera are both working to improve the lives of people living with Parkinson's and add to our knowledge towards an intervention that will one day allow us to stop it. Whether they are established experts or just beginning their careers, Parkinson's researchers count on funding from the Parkinson Canada Research Program to test new theories leading to larger studies and to discover a critical piece of the complex puzzle that is Parkinson's disease (PD).

At the Ottawa Hospital and the University of Ottawa, Dr. Schlossmacher and his colleagues are testing the five elements of his new PREDIGT Score tool, which could be used to determine which healthy adults are most likely to develop Parkinson's disease in later years. The five elements include: PD-specific genetic factors; exposure to environmental factors; interactions between the two that initiate long lasting tissue changes; gender; and the passage of time.

A $45,000, one-year, pilot project grant from the Parkinson Canada Research Program will enable him, and co-investigators Dr. Tiago Mestre and Dr. Doug Manuel, to validate the PREDIGT Score, which has the potential to be used in larger clinical trials.

"Validating the PREDIGT Score would be transformative in several ways," says Schlossmacher. "Accurately predicting PD based on an easy-to-calculate score would help us to identify at-risk persons and focus more on those factors that predispose people to the illness with the intention to try to modify them. In turn, this information could help direct future trials that seek to prevent the illness. Ultimately, we envision helping doctors and nurses identify, counsel, and care for at-risk individuals with appropriate interventions."

At Western University in London, Anita Abeyesekera's research could lead to new treatments for individuals experiencing speech disorders associated with Parkinson's. Low speech intensity, also known as hypophonia, is the most common speech symptom experienced by individuals with Parkinson's disease. She will be investigating whether the speech disorder is associated with the abnormal processing of what an individual hears into the creation of their speech (called sensorimotor integration deficit). She will alter participants' speech and analyze their response to the feedback to determine how this contributes to low speech intensity and other symptoms.

A $30,000, two-year, graduate student award from the Parkinson Canada Research Program enables Abeyesekera to pursue her research, which will contribute to our understanding of Parkinson's disease, particularly the importance of sensory systems in speech disorders. Proving her theory could lead to new treatments to improve the speech, and quality of life, of people living with Parkinson's.

"That's what we're passionate about as researchers," says Abeyesekera, "improving treatments for the immediate benefit of individuals living with chronic disease and in time finding a cure."

Parkinson Canada has great expectations for the 25 researchers receiving new grants, fellowships, and student awards during the next two years. Each of them will advance our knowledge of Parkinson's, a complex brain disease, as well as interpret and share their knowledge with other researchers and health professionals. Those receiving clinical fellowships will also treat individuals living with Parkinson's. Many of these researchers will continue their connection with Canada's Parkinson's community.

Improving Lives Today and Aiming for a Cure Tomorrow

As of September 2017, Parkinson Canada is proud to support 25 new grants, fellowships, and student awards*. These represent a total of $1,323,369 to support new research projects in Canada during the next two years. Including the eight research awards in their second year and the 25 new projects, the Parkinson Canada Research Program will invest $1,643,369.

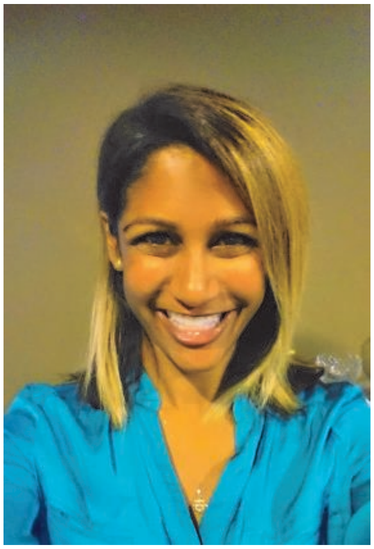
New awards include the following:

- 10 Pilot Project Grants
- 3 New Investigator Awards
- 3 Basic Research Fellowships
- 1 Clinical Movement Disorders Fellowship
- 1 Clinical Research Fellowship
- 7 Graduate Student Awards

The Parkinson Canada Research Program has funded 528 research projects, totaling more than $27 million, since 1981.

*A detailed list of the 2017–2019 researchers, their project titles, affiliations, and funding amounts can be found at www.parkinson.ca.

Parkinson Canada is the largest, non-government funder of Parkinson's research in Canada. Donors fuel investment in science that explores most aspects of the disease, including causes, complications, cognitive impairment, biomarkers, neuroprotection, and quality of life.



PhD candidate Anita Abeyesekera is investigating how people with Parkinson's hear their own voice in order to better understand the factors involved in the speech disorder associated with the disease.

About the Parkinson Canada Research Program

Since 1981, the Parkinson Canada Research Program has invested more than $27 million in research that has expanded our knowledge of Parkinson's disease. The program invests in the following:

- 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
- Specialist training for clinicians to build capacity in high quality care for people with Parkinson's

The Parkinson Canada Research Program explores related disorders including Multiple System Atrophy (MSA), Progressive Supranuclear Palsy (PSP), and other Parkinson's conditions and the impact these diseases have on society.

Dr. Michael Schlossmacher is validating elements of his new PREDIGT Score tool, which could be used to determine who is likely to develop Parkinson's disease in the future.

PARKINSON SUPERWALK RESULTS IN ONTARIO

LOCATION	TOP WALKER	TOP TEAM	WALK TOTAL
Alliston - South Simcoe	n/a	n/a	$1,353.75
Almonte	Elizabeth Veninga	n/a	$500.00
Barrie	Veronique Presswood	Team Erica Curtis	$39,280.60
Belleville	Robert Ritzer	Sole Family	$34,196.00
Bracebridge	Eleanor Douglas	Team Norm	$14,612.85
Brampton	Lorne Collis	Shakes Daly	$24,592.65
Brockville	Yvonne Morgan	Parkinson Pals	$3,996.00
Burlington	Jasmine Igneski	Team Igneski	$40,129.39
Cochrane	Raymond Gagne	n/a	$1,115.00
Collingwood - Blue Mountains	Heather Birchall	Team Endicott	$21,227.00
Cornwall	Elise Wells	Team Wells	$10,918.00
Durham Region	Jean Keary	Poppa's Pumpkins	$47,513.10
Embrun	France Laframboise Viau	Les Pieds de l'Espoir	$3,003.00
Guelph - Wellington	Quentin Lowe	Team Q	$22,616.40
Haliburton	Gail Leach-Wunker	n/a	$6,206.00
Hamilton	Fred Weston	Shaking Yet Stirred	$20,847.88
Huntsville	Donald Coker	Kens Hens	$1,255.00
Kingston	Lidia Binnie	Team English	$19,449.00
Lanark North Leeds	Pat Evans	Pat's Pacers	$31,827.25
London	Brian Harris	Bob’s Bunch	$10,725.00
Manitoulin Island	Clifford Tann	Cheryl's Shakers	$1,983.40

Please note these totals reflect the September 30th fundraising deadline and may differ from walk-day announcements.

PARKINSON SUPERWALK RESULTS IN ONTARIO

LOCATION	TOP WALKER	TOP TEAM	WALK TOTAL
Markham - Unionville	Peter Wong	Sonny Side Up	$31,053.00
Mississauga	Laura/Angelo Zega	Mississauga Wilkinson Warriors	$61,447.52
Napanee	Darlene MacLeod	n/a	$2,440.00
Newmarket - Aurora	John Gutteridge	PD Scotty	$20,751.00
Niagara Region	Jennifer Atkinson	Cheryl's Shakers	$31,882.45
North Bay	Shaun Billingsley	Royal LePage and Friends	$7,038.60
North Simcoe	Sara Bishop	n/a	$4,045.00
Northumberland	William Andrus	The Northumberlands	$44,651.00
Oakville	Sheena Malhotra	The Dukes of Earl	$19,772.50
Orillia	Paul Foley	Team Bagley	$5,891.00
Ottawa	John Spero	Boxing 4 Health	$191,241.13
Parry Sound	n/a	n/a	$495.00
Peterborough	Vivian Heinmiller	Peterborough Movers and Shakers	$52,789.30
Port Dover	Zeger Van Halteren	Gary's Gang	$3,965.00
Renfrew	Scott Edwards	Team Edwards	$21,437.50
Sudbury	Kelly "Ricket"	Slacker's Backers	$30,607.00
Thunder Bay	Ian King	Ruberto Guerrero	$5,960.00
Timmins	Marilyn Del Bel	Timmins Support Group	$8,151.85
Toronto - East	Blake Bell	YOPD of Toronto	$61,733.00
Toronto - North	Margot Friedman	Team Bearg	$207,358.91
Vaughan	Veeral Khatri	Cookies & Cream	$51,603.00
		GRAND TOTAL	**$1,221,661.03**

Parkinson SuperWalk: In Pictures






2017






Thank You
Parkinson SuperWalk
Toronto Sponsors!

GOLD

CBRE
menkes DEVELOPMENTS
OXFORD
RIOCAN REAL ESTATE INVESTMENT TRUST

SILVER

STATE BUILDING GROUP
CENTRECOURT DEVELOPMENTS
CYNAPSUS

BRONZE

CanFirst CAPITAL MANAGEMENT
M-O Freightworks
STRATHALLEN CAPITAL CORP
mcmillan
ece CREATIVE SOLUTIONS
Fung Loy Kok Taoist Tai Chi

Thank you to

SUBWAY

for providing free sandwiches at 15 Parkinson SuperWalk locations!

Pedaling for Parkinson's Celebrates $1 Million in Lifetime Fundraising

Pedaling for Parkinson's was already the largest event of its kind in Canada, but with the support of an anonymous donor and an overall fundraising total of more than $330,000 in 2017, we are proud to celebrate Parkinson Canada's first community fundraising event that has raised more than $1 million.

This ride succeeds because of significant community support. Riders, volunteers, and organizers lean on their friends, families, and networks to ensure the event is well run and that its million-dollar fundraising impact has been attributed to research throughout its history. This passionate community of riders comes together annually to support one another through their journeys with Parkinson's, and to make a change.

With this year's results, four new Parkinson Canada Research Program grants have been awarded as follows:

Pedaling for Parkinson's Basic Research Fellowship—Dr. Melanie Tremblay, University of Toronto

Pedaling for Parkinson's Pilot Project Grant—Dr. Natalina Salmaso, Carleton University

Pedaling for Parkinson's New Investigator Award—Dr. Lorraine Kalia, University Health Network, University of Toronto

Pedaling for Parkinson's New Investigator Award—Dr. Thomas Durcan, Montreal Neurological Institute, McGill University

Porridge for Parkinson's Celebrates Another Successful Event

The sixth Porridge for Parkinson's (Toronto) event took place on November 12 at Vaughan Estates, featuring breakfast tastings provided by some of Toronto's most celebrated chefs.

Robert Fisher returned as Emcee after hosting the event in 2013. The notable political analyst, formerly of the CBC, shared his personal connection to Parkinson's disease with the audience.

Guests heard from keynote speaker Evan Siddall, CEO of the Canada Mortgage and Housing Corporation and founder of the Growling Beaver Brevet cycling event which helps to support The Victory Summit®, a Davis Phinney Foundation event. On October 14, Parkinson Canada partnered with The Davis Phinney Foundation to bring The Victory Summit® to Toronto, and Siddall shared his message of "living well today" with a crowd of more than 550 people. The Victory Summit® will take place in Winnipeg, Manitoba, on April 7, 2018.

All of this was topped off with delicious breakfast-inspired cuisine from the likes of Jamie Kennedy, Joanne Yolles, Donna Dooher, Jen Cerny, Noni Castonguay, Sandra Katsiou and new chef for 2017, Joshna Maharaj. Guests once again left well nourished—in both body and mind.

More than $200,000 was raised through this year's Porridge for Parkinson's event, which will support multiple Parkinson Canada Research Program grants during the current funding cycle.

Dr. Simon Wing of McGill University is a recipient of the Porridge for Parkinson's (Toronto) Pilot Project Grant through the Parkinson Canada Research Program. Wing is investigating a new therapeutic target aimed at impeding the cell-to-cell propagation of α-Synuclein in Parkinson's. When alpha-synuclein is mutated, or when metals and chemicals bind to it and change its shape, the protein clumps together and kills brain cells that produce dopamine. Finding a way to stop this protein from spreading between cells could help to delay the onset of Parkinson's disease or delay its progression.

Through funding innovative research, to the tune of $750,000 in support of Parkinson Canada during its lifetime, Porridge for Parkinson's (Toronto) continues to be a leader in supporting a vision of a better life today for Canadians living with Parkinson's, a world without Parkinson's tomorrow.

PODCASTS

Join Parkinson Canada expert Sandie Jones in a series of podcasts where you can learn about various topics related to Parkinson's disease. These one-hour talks offer information, practical tips, and advice on how to live better with Parkinson's.

To submit questions in advance, send an email to education@parkinson.ca

For further information or to replay any of the webinars or podcasts, visit the Parkinson Canada Knowledge Network at http://www.parkinson.ca/resources/knowledge-network/

HELP NEAR YOU

For more information about support groups in or near your local community, visit www.parkinson.ca, call toll-free 800-565-3000, or email info@parkinson.ca

- Almonte
- Arnprior
- Barrie
- Beeton
- Belleville-Quinte
- Belleville-Quinte Young & Early Onset
- Blackburn Hamlet
- Bracebridge
- Brampton
- Brighton
- Brockville
- Burlington
- Burlington
- Burlington Carepartner
- Collingwood
- Cornwall
- Dryden
- Durham Region
- Durham Region Carepartner
- East District Young & Early Onset
- Embrun (Français)
- Etobicoke
- Guelph
- Haliburton
- Hamilton
- Hawkesbury
- Huntsville
- Kanata
- Kemptville
- Kenora
- Kingston
- Kingston Carepartner
- Kirkland Lake
- Manitoulin Island
- Markham Stouffville
- Milton
- Mississauga
- Mississauga Carepartner
- Napanee
- Newmarket
- Niagara
- North Bay
- North Muskoka
- North Simcoe
- North Toronto
- Northumberland
- Oakville
- Oakville Exercise Group
- Orillia
- Orleans English
- Orleans Français
- Orleans Carepartner
- Ottawa Carepartner
- Ottawa Inner West
- Ottawa West
- Ottawa South
- Ottawa Young & Active
- Parry Sound
- Pembroke
- Perth
- Peterborough
- Renfrew
- Richmond Hill (Mandarin language)
- Sault Ste. Marie
- Scarborough
- South Muskoka
- South Simcoe
- St. Catharine's
- Sudbury
- Thunder Bay
- Timmins
- Toronto Adult Children Carepartner
- Toronto Carepartner
- Toronto Central/ Leaside
- Toronto Downtown
- Toronto Newly Diagnosed
- Toronto North York
- Toronto PSP/MSA/ CBD Carepartner
- Toronto Second Decade
- Toronto Young Onset
- Vanier (Français)
- Vaughan/Richmond Hill
- Virtual Young & Early Onset
- Wellington
- Winchester/ Chesterville

For volunteer opportunities in your community, please contact Elisabeth Schoep, Volunteer Services Coordinator, 800-565-3000 ext. 3304 or elisabeth.schoep@parkinson.ca

Advocacy and the Ambassador Program in Ontario

If you would like to know more about the ambassador program or would like more information on Parkinson Canada’s advocacy work, please contact the advocacy team at advocacy@parkinson.ca or 800-565-3000 ext. 3343.

Our Mission

Parkinson Canada is the voice of Canadians living with Parkinson's. Since 1965, we have provided education, advocacy, and support services in communities coast to coast to individuals and the health care professionals who treat them. The Parkinson Canada Research Program funds innovative research to search for better treatments and a cure.

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LiveWire is published three times a year—our spring edition in March, our summer edition in August, and our fall and winter edition in November—to provide helpful information to people affected by Parkinson's. It is not meant to provide medical advice; readers should contact their doctors in all matters relating to health concerns and/or medication. LiveWire is offered in print and pdf form, and past issues may be accessed at parkinson.ca. If you would like to be added to our mailing list, either by regular mail or email (please specify), contact Diane Newman Reed at 800-565-3000 ext. 3315 or email diane.newmanreed@parkinson.ca.

What We Do in Ontario

Research

The Parkinson Canada Research Program has invested more than $27 million in 528 grants and awards since 1981 and continues to fund innovative and novel research projects each year.

Advocacy

Our Ontario Advocacy Committee works to influence the behaviour of key government officials and agencies in support of people living with Parkinson's disease and build strong relationships with the Local Health Integration Networks across Ontario.

Support

We provide consistent and excellent education to people living with Parkinson's disease and their families to help them live well through seminars and conferences held in different locations across the province. We also offer a number of webinars during the year and smaller sessions held monthly at our more than 80 support group and chapter meetings in Ontario.

LiveWire
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