



GRANDE PRAIRIE AND NORTHWESTERN REGION Program Calendar July – September, 2019

Appointments Welcome:

If you would like to visit our Client Service Coordinator for a one on one appointment or have a tour of our office, please call ahead and book an appointment with Shauna Livesey at 780-882-6640.

Membership Renewal:

Memberships run yearly from January – December and cost \$25. Parkinson Association of Alberta members receive access to programs and events at a discounted rate and will receive a free Aware in Care kit. Talk to your Client Services staff to find out more.



Would you like to be involved in research and make a difference? Visit our website <http://www.parkinsonalberta.ca/callforresearchparticipants> or contact us to hear about research opportunities available for those living with Parkinson’s and their families in the Grande Prairie Region.

SUPPORT GROUPS

Support groups can be a valuable resource as they provide a place to meet others and share similar experiences. Below is a list of the support groups offered in your Region. For more information call 780-882-6640.

<p>Grande Prairie 2:00pm – 3:30pm 2nd Wednesday of the month Grande Prairie Care Centre, 9705 94 Ave</p> <p>SUPPORT GROUP NOW RUNS IN AUGUST</p>	<p><small>ALBERTA RETIRED TEACHERS</small> Charitable FOUNDATION Tele-Support Group – 3rd Thursday of the month 10:00am – 11:00am</p> <p>Parkinson Plus (MSA, PSP, CBD, Lewy Body) - 4th Thursday of the month 10:00am – 11:00am</p> <p>Care Partners – 3rd Wednesday of the month- 6:30-7:30 PM. *Hours to change in September.</p>
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If you would rather take part in a support group from the comfort of your own home, you are invited to join the ‘Tele Support Group’. We have three options to choose from. Call 1-800-561-1911 for information or to register.

PROGRAMMING

Programs **require pre-registration** a minimum of one week in advance of the program start date and require a **minimum number** of participants to run. **Payments must be made at the time of registration.** We are **not able to pro-rate** classes because we are cost recovery. If there is a medical procedure during the class session, please speak to a Client Services Coordinator.

We will accept post-dated cheques for the programs. Payment can be made by cash, credit card or cheque, in person, over the phone or via Canada Post. We do not have debit or eTransfer.

Registration for these programs will be accepted on a **first-come, first-serve basis.**

Below is a list of programs that we will be offering throughout July to September. Our most up-to-date offerings are available anytime on our website. Go to www.parkinsonalberta.ca and click the blue button on the right that says “**GRANDE PRAIRIE**”! These icons indicate which category(ies) a program falls under; you will find them beside each program listing below.



PD & the Arts



PD & Education



PD & Movement



PD & Social

Social Programs:



Friends and Family BBQ/Potluck

Join us at Saskatoon Island for a fun afternoon of good eats and socializing.

July 20, 2019 – Saturday

1:00pm-3:00pm

Cost: Free

Where: Saskatoon Island, Range Rd 81, Wembley, AB T0H 3S0

Let us know if you can make it so that we can plan the food accordingly. **Pre-registration is required** at 780-882-6640



PD 101 – The perfect introduction for people newly diagnosed with and their care partners and family members. Begin to understand your Parkinson disease and how PAA can help.

August 13th, 2019 – Tuesday

6:00 pm-7:30pm

Cost: Free

In this session you will learn:

- What Parkinson disease is
- How symptoms are controlled
- About treatment options

What resources are available in the community **Join us at the PAA Grande Prairie Office (10901, 100st).** **Pre-registration is required** at 780-882-6640

Cognitive/Social Programs:



Cards and Games – Join us at the Grande Prairie office for a fun afternoon of cards and games. Snacks and beverages will be provided.

August 20, 2019 – Tuesday

3:00pm-5:00pm

Cost: Free

Benefits of Cards and Board Games:

- Increase social interactions: can reduce feelings of isolation, depression and boost self confidence!
- Improve cognitive ability: assists in problem solving and paying attention. Doing something as simple as playing a game can improve these skills and can even delay the onset of Alzheimers and other forms of Dementia!
- Improve motor skills: many board games require a person to utilize fine motor skills. Regular practice is especially important for people with PD and seniors whose coordination may be declining!
- Lower blood pressure: laughing with your friends over your favourite board game is excellent in lowering your blood pressure by helping your muscles relax and improve blood circulation!

Join us at the PAA Grande Prairie Office (10901, 100st). **Pre-registration is required** at 780-882-6640

Exercise Programs:



PWR! Moves Exercise Program

<p>Session 3 Start Date: TBA Tuesday's and Thursday's 12:45pm - 3:45pm (Two Groups within this time frame) Cost: \$140.00 \$165.00 non-members Location: Eastlink Center, 10, Knowledge Way Instructors: Sailaja Bayapaneni PT & Rosanna Clark PT</p>	<p>Program Description: Combat the progression of PD through the PWR!Moves program. Our trained physiotherapists have the right tools for you to fight your way through PD. The program also has a boxing component with our volunteers from Champions Gym!</p> <p>What are you waiting for, join now and take a hold of your life one step at a time.</p> <p>(NO PROGRAMMING OVER SUMMER MONTHS) REGISTER EARLY FOR FALL!</p>
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**Please note – New participants will take part in a short assessment at the Hospital Rehabilitation department.*

A minimum of 13 participants required. **PRE-REGISTRATION IS REQUIRED 2 WEEKS BEFORE THE DATE!*

Vocal Programs:



Voice Therapy Group ***NEW**

<p>Dates and time TBA</p> <p>Location: Parkinson Association Office/Beaverlodge</p> <p>Free to join!</p> <p><i>Programming may change over the summer!</i></p>	<p>Description of the Program:</p> <p>Join the Speech Language Pathologist in this new exciting group! Many people with Parkinson Disease and related conditions find that their voice is quieter than it used to be or that family and friends are always telling them to speak more clearly! There is evidence to show that voice therapy can help people with PD improve loudness and clearness of their speech.</p> <p>Contact 780-513-8126 for registration and more information</p>
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Social Programs:



Voice Enhancement Group

<p>Every Tuesday 10:30am</p> <p>Location: Grande Prairie Care Centre, 9705 94 Ave</p> <p>Free to join!</p> <p><i>Programming may change over the summer!</i></p>	<p>Description of the Program:</p> <p>This drop-in program is ran by a trained music therapist where you will work on your vocal cords while having fun and socializing.</p> <p>Contact Kelsi for more information at 780-532- 3525.</p>
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Peer to Peer Program ***NEW**

<p>We are currently looking for Peer Mentors and Mentees. Do you think you have what it takes to mentor someone through their PD? Not sure?</p> <p>Speak with your Client Services Coordinator to find out more about this new and exciting program!</p>	<p>The Peer to Peer Program is the matching of an experienced PWP, members of their families, and/or care partners and/or givers (hereafter referred to “MENTOR”) with a “MENTEE” who needs guidance, a listening ear, understanding of issues stemming from PD, and moral support from another PWP, members of their families, and/or care partners, and/or givers who can offer the lived experience in having PD. The program will focus on specific populations (i.e. young onset, newly diagnosed, Parkinson’s Plus syndromes, care partners, etc.)</p>
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Other Opportunities:

Home Visits

We offer out of office one-on-one if you are not able to come to one of our offices. We can meet in the community or in the comfort of your own home. Please call 780-882-6640 for more information.

Train the Trainer *COMING SOON

We will be offering a train the trainer program in the spring of 2019 – stay tuned for more information

Friendly Visitor Program *COMING SOON

We are just starting our new Friendly Visitor program in the Grande Prairie and Northwestern region. We are currently looking for volunteers and clients who are in need of the Friendly visitor program. What is the Friendly Visitor program? You will connect with clients and get to know their interests. By offering companionship a persons' mental health can see drastic improvement. Playing a simple game of scrabble or completing a puzzle together you can see your relationship with each client flourish. You can assist in someone feeling valued and less alone. Knowing that they have a regular scheduled visit helps the client to know they have something to look forward to.

Our hopes are to have this up and running by the Fall 2019. Please call 780-882-6640 for more information and to sign up to volunteer or receive a visit from a Friendly Visitor.

Events and Updates:



Parkinson's Perk Coffee Campaign

Our Parkinson's Perk Coffee is now ready for purchase, contact the Client Services Coordinator to buy a bag today. \$20 per 1lb drip ground bag - \$5 going directly back to the Parkinson Association of Alberta. Our coffee is 70% Indian Roasted Coffee Beans and 30% Decaf beans. It has a rich, full- flavour blend with light notes of nutmeg, molasses and sweet almond. **Order yours today – by calling 780-882-6640**



2019 Step 'n Stride

Saturday September 7th

10:00am to 1:00pm

Muskosepi Pavilion, Grande Prairie Alberta

Join walkers in Grande Prairie as they support Parkinson Association of Alberta and our mission to make every day better for Albertans affected by Parkinson disease.

As our largest annual fundraising effort, Flexaire Parkinson Step 'n Stride helps to ensure Parkinson Association of Alberta can continue to provide support, education, advocacy and contributions to research to benefit Albertans.