

Our offices will be closed on:

April 10 & 13 *(for Easter)*

April 21 – May 5 *(on vacation)*

May 18 *(for Victoria Day)*

### Parkinson Awareness Month Events:

- PAA Booth: Sat, April 11 from 10 am – 2 pm at Prairie Mall
  - Talk to Kat if you'd like to volunteer!
- Group Lunch: Wed, April 15 at 12 pm at Soleilki Asian Buffet
- Afternoon Games: Mon April 20 at 1 pm at PAA Office
  - Bring your favourite games to share!



## APRIL IS PARKINSON'S AWARENESS MONTH

Help us stop a thief and make a difference  
in the fight against Parkinson disease



Tag us in your #PDPics during Parkinson's Awareness Month for your chance to win a PAA prize packs!

To enter post a photo on Instagram, Facebook or Twitter of you (or others) doing your part to either live well with Parkinson's or spread awareness about the disease. Whether it's taking part in an exercise program or going for a walk, attending a support group, volunteering or even simply hugging the person you love who has PD — we can't wait to see all of your pictures!

Be sure to tag us:

Instagram – @parkinsonassociationofalberta

Facebook – @ParkinsonAssociationofAlberta

Twitter – @PDAssocAB

HERE ARE SOME HASHTAGS WE USE:

#StopAThief # PDPics #AB4AB, #PAA, #PD,

#parkinsonassociationofalberta

#YOURLOCATION #parkinsondisease

## Support Groups

Support groups can be a valuable resource as they provide a place to meet others and share similar experiences. **For more information call 780-882-6640.**

### Care Partners Support Group

3<sup>rd</sup> Thursday of each month

2:00 – 3:00 pm

Eastlink Centre, 10 Knowledge Way

April 16 / May 21 / June 18

### Grande Prairie Parkinson Support Group

2<sup>nd</sup> Wednesday of each month

2:00 - 3:30 pm

Grande Prairie Care Centre, 9705 94 Ave

April 8 / May 13 / June 10



If you are unable to attend a support group in person, we invite you to join us for our Tele-Support Group, with the support of the Alberta Retired Teachers Charitable Foundation.

3<sup>rd</sup> Thursday of each month

10:00 – 11:00 am

Please register monthly by calling 403-243-9901.

Connect anytime with a Client Services Coordinator

*Talk one-on-one over the phone, in the office, in your home or community about your journey with Parkinson's. We'll help to provide answers, education, referrals, and support.*

Contact your Client Services Coordinator  
Katherine Arnold at 780-882-6640 or  
[karnold@parkinsonassociation.ca](mailto:karnold@parkinsonassociation.ca).

## PROGRAMS

Programs require pre-registration with 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 as we are cost recovery. If there is a medical procedure during the class session, please speak to a Client Service Coordinator.

Below is a list of programs that we will be offering from January to April. Our most up-to-date offerings are available anytime on our website. Go to [parkinsonassociation.ca](http://parkinsonassociation.ca) and click the “green button” on the right that says “GRANDE PRAIRIE”! You will find these icons beside each program listing below.



PD & the Arts



PD & Education



PD & Movement



PD & Social



## Voice Enhancement Group

**Every Tuesday**

**Time:** 10:30am

**Location:** Grande Prairie Care Centre, 9705 94 Ave.

**Cost:** FREE!

This drop in program is run by a trained music therapist who will assist you in working on exercising your vocal cords while you have fun and socialize.

**Contact Kelsi for more information at 780-532-3525**



## PWR! Moves in partnership with AHS

**Tuesdays and Thursdays**

**April 21 – June 25**

**Time:** 1:00 pm - 3:30 pm. Specific class time determined at registration

**Cost:** To be determined

**Location:** Eastlink Centre, 10 Knowledge Way

Instructors: Sailaja Bayapaneni, PT & Rosanna Clark, PT.

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 includes a boxing component with our volunteers from Champions Gym!



**\*New participants to take part in a short assessment.**

**\*\*Min 13 participants.**



## Social Singing

**Every Wednesday starting in May**

**Time:** 10:30am

**Location:** TBD

**Cost:** \$2.00 drop-in to cover venue.

This drop in program is run by Kat who will take requests for songs while you exercise your vocal cords and have fun socializing.

**Contact Kat for more information at 780-882-6640.**

## Parkinson Association Annual General Meeting & Special Guest

Larry Gifford has spent nearly 30 years on radio and is currently the National Director of AM Radio for Corus Entertainment in Canada.



In this position, he coaches on-air talent on Global BC and BC1 TV and oversees programming and operations for CKNW-AM and CHMJ-AM radio stations. He was diagnosed with young-onset Parkinson disease in August 2017 at the age of 45. Larry is active with the Parkinson's Society British Columbia and sits on the board of directors for the Pacific Parkinson's Research Institute. He believes in the power of storytelling hosting, "When Life Gives You Parkinson's," a podcast that documents his experience living and working with PD, which was a finalist for the Canadian Podcast Awards.

**Wednesday, May 20<sup>th</sup>** – McDougall United Church, 8516 Athabasca St SE in Calgary

5:00PM - Registration

6:00PM - Annual General Meeting – Free of Charge

Remember to renew your membership no later than April 19<sup>th</sup> in order to vote and make your voice heard!

7:00PM - An Evening with Larry Gifford – Member Price \$25 per person. Non-member \$40 per person. Light refreshments will be served.

**To register for the AGM and buy tickets to see Larry Gifford, please do so no later than 2PM on Wednesday, May 15 via one of the following methods:**

Call PAA's Calgary Office 403-243-9901, toll free line 1-800-561-1911 or email [info@parkinsonassociation.ca](mailto:info@parkinsonassociation.ca)

## Webinars:



### Webinar: Pain and Parkinson's with Dr. Janis Miyasaki

Date: Monday, April 6, at 10 am Mountain Time

To view the webinar online, please visit, <https://www.davisphinneyfoundation.org/resources/webinars/>



### Webinar: Social Connection with Dr. Al Condeluci

Date: Wednesday, April 15, at 11 am Mountain Time

To view the webinar online, please visit, <https://www.davisphinneyfoundation.org/resources/webinars/>



### Webinar: Sleep and Parkinson's with Dr. Ronald Postuma

Date : Wednesday, May 13, at 11 am Mountain Time

To view the webinar online, please visit, <https://www.davisphinneyfoundation.org/resources/webinars/>



### Webinar: Newly Diagnosed: Living Your Best Life with Parkinson's

Date: Tuesday, June 9, 2020 at 11:00 am

Speaker: Jenna Iseringhausen BSN, RN

To view the webinar online, please visit

<https://www.parkinson.org/get-involved/events/2019/Expert-Briefing-Newly-Diagnosed-Living-Your-Best-Life>

## Events & Updates

### Peer-to-Peer Program

#### NOW RECRUITING MENTORS AND MENTEES

Our new Peer-to-Peer Program matches experienced client Mentors with a Mentee who needs a listening ear, understanding of issues stemming from PD, and moral support from a peer who can offer lived experience, personal wisdom and encouragement.

Peer support is done via telephone and can be a one-time conversation or up to six (6), 1 hour sessions.

For more information or to apply to be a MENTOR or a MENTEE, please email [info@parkinsonassociation.ca](mailto:info@parkinsonassociation.ca)



### Research:

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 Province.

**Volunteers are needed** for North Pines Casino Fundraiser on May 12 & 13. Please talk to Kat about volunteering at 780-882-6640.

April 19 - 25

## VOLUNTEER APPRECIATION WEEK

Become a Volunteer today: [volunteer@parkinsonassociation.ca](mailto:volunteer@parkinsonassociation.ca)

Watch our website and social media for more details





**What would you do if someone was stealing valuable items from your loved one, little by little, piece by piece, over the years?**

**Would you sit back and do nothing? OR would you step up and do something about it?**

Parkinson disease is a cunning thief, slowly stealing a person's ability to walk, talk, swallow and even smile – little by little, piece after piece.

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MONTH!**

**Help us stop a thief and make a difference in the fight against Parkinson disease.**

**[parkinsonassociation.ca/stopathief](http://parkinsonassociation.ca/stopathief)**

