Looking Back at
Lessons Learned to
Create Action Today!

Exercise and Parkinson Disease  P.8
Cognition and Parkinson’s  P.10

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Summer 2018

IN THIS ISSUE...

Features

4 MY STORY
DuoDopa, The Pump
– Ian and Beverley Barnes

5 CREATIVITY IN MOTION
Still My Super Hero

6 COVER STORY
Looking Back at Lessons Learned to Create Action Today!

13 HEALTHY EATING AND PARKINSON DISEASE

Every Issue

2 CONTACT US

3 FROM THE DESK OF THE CEO
A Message from John Petryshen

12 EVENTS + UPDATES

16 RESEARCH IN ALBERTA

17 AT A GLANCE: SUPPORT GROUPS

20 LAST LOOK
2018 Flexxaire Parkinson Step ‘n Stride™ Fundraising Incentives
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Parkinson Association of Alberta is the voice of Albertans and their families living with Parkinson disease. Our purpose is to ease the burden through advocacy, education, client services and find a cure through research.

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We welcome your comments, suggestions and questions. Email us at communications@parkinsonalberta.ca; or call us toll-free at 1-800-561-1911.

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Contact: communications@parkinsonalberta.ca
In a world filled with information it is possible for a person to be constantly learning. Learning can take place informally through reading a newspaper, magazine or book, in a more formal setting like a conference or program; or from a valued source like a healthcare professional or your Client Services Coordinator. So many experiences can provide new and valuable information that can enhance your day-to-day life and overall knowledge.

At Parkinson Association of Alberta we take pride in our efforts to ensure we are delivering high quality, relevant information in a variety of formats – from speaker series to our quarterly magazine to our annual Hope Conference and more. Of course, you always have access to our Client Services Coordinators who can help you find the right information specific to your needs.

With all that said however, there is a big difference between collecting information and putting what you’ve learned and putting into action. There is a great saying that goes “knowledge is of no value unless you put it into practice.” I don’t know that I’d go so far as to say knowledge has “no” value without action, but I would say there is more to be gained by putting knowledge into action.

Without action, the knowledge you’ve collected is static – helpful, but not as powerful as it could be simply by turning it into meaningful AND beneficial action.

Take our recent Hope Conference for example, we welcomed many great speakers and presenters who offered information and tools on a variety of topics including the importance of being active, advanced care planning, nutrition, mental health, and cognition.

Another example is our quarterly magazine. Four times a year we publish our Parkinson Pulse Magazine, with each issue focused on a theme – treatment options, non-motor symptoms, complementary therapies, and more.

The information delivered in both examples is not only useful, but pertinent to helping each of us live well. The question then becomes -- have we put what we learned into action?

In this issue of the magazine we tie some of the topics delivered at this years’ Hope Conference with articles that reinforce what was presented from past issues of the magazine.

I encourage you to take in the information and put it into action that will help you in your day-to-day life. Do you need help taking the steps from knowledge to action? Our Client Services Coordinators are here to help!

And, speaking of action...the 6th Annual Flexxaire Parkinson Step ‘n Stride™ is just around the corner! This, our largest fundraising event of the year, is the embodiment of action on so many levels.

Action in the form of our staff and volunteers working diligently to find sponsors, encouraging walkers and more volunteers, and of course, planning and executing the event itself. It’s a big job with a big impact.

There is action from the walkers themselves. Registering to walk, recruiting friends and family to join a team and to help raise funds vital to continuing Parkinson Association of Alberta’s good work. It really does take a village!

Then there is the action that takes place after Step ‘n Stride. Parkinson Association of Alberta turns the money raised into action utilizing those dollars right here in Alberta to not only fund vital research; but to continue to provide and grow the support, services and education essential to living well with Parkinson’s. This in turn creates more knowledge for people living with and affected by Parkinson disease and Parkinson’s Plus Syndromes which can turn into more action; which will turn into more knowledge and even more action!

So let’s take everything we’ve learned thus far, roll-up our sleeves and take on the actions necessary to move forward in a positive and healthy manner so that we can create more knowledge, more action and perpetuate this magnificent cycle!

John Petryshen
CEO, Parkinson Association of Alberta
Recently my wife, who has been struggling with Parkinson’s for 13 years, underwent a procedure at the University of Alberta hospital to receive a new way of administering her medication. It is known as “DuoDopa”; a pump method of providing Sinemet (levodopa/carbidopa) directly to the small intestine. A stoma (hole) is made through the stomach wall. A tube is then inserted through the stoma and the Sinemet in the form of a gel is then pumped on a continuous basis into the small intestine. Through this method the Sinemet reaches the brain faster and more efficiently thereby considerably reducing the wearing off time.

My wife’s Parkinson’s has not gone away, the symptoms still exist; dyskinesia, slow movement, reduced energy, poor balance, anxiety etc. It is the lessening of the wearing off periods that has changed. We can now leave the house for longer periods without fear of the medication wearing off. Shopping, visiting friends and enjoying activities that we have not been able to do for many years are now possible. It has made a considerable improvement in our quality of life.

The pump and gel container are somewhat uncomfortable to wear due to their size and weight (approximately four pounds). An assortment of carrying cases are provided but are not well designed. My wife switches from one case to another throughout the day to ease the strain she experiences from wearing them.

The pump operates daily for 16 hours. During the eight hours when the pump is switched off and disconnected my wife uses oral medication. The medication (gel) is contained in a plastic cassette which attaches to the pump. One month’s medication consisting of 28 cassettes is delivered to our home by a courier service. Each cassette holds one day’s medication. The medication must be refrigerated.

There are many daily tasks required to operate DuoDopa. Fortunately, they are relatively easy to perform and are not time consuming. They involve hooking up the device, disconnecting, starting, stopping, adding the morning and extra doses and performing daily maintenance. The pump can be disconnected for short periods of time during the day to allow for bathing, swimming, etc. The stoma requires daily cleaning to prevent infection. At our home these tasks along with other Parkinson’s needs are performed as a team effort.

In the Edmonton region and northern Alberta, the program is supervised by the Movement Disorder Clinic at the University of Alberta hospital.

We consider ourselves fortunate to have been selected to use this new method of administering my wife’s medication. It has become a true blessing for us!
DID YOU KNOW that some people with Parkinson disease report feeling increased artistic creativity, with some research indicating that some actually develop a passion for the visual arts and/or writing that wasn’t present before? Whether you have Parkinson disease, or love someone who does letting your creativity flow can be a good way to reduce stress and encourage relaxation.

If you have a creative writing piece you would like to share please speak with your Regional Client Services Coordinator.

Still My Super Hero

Piggy backs
Air lifts
Walking on toes
Climbing legs and flips
Races
Arm wrestles
You’re here for me
You’re my super hero

As I grew so did my admiration of you
Scare away boys
Strong at everything
You’re here for me
You’re my super hero

Walk a little different
Strength a little different
Talk a little different
Be a little different

I’m here for you
My admiration is stronger
Your strength is stronger
You’re still my super hero
Daddy

- Jessica Tucker

Some People DON’T BELIEVE IN Heroes, BUT THEY HAVEN’T MET my Dad.
Looking back at lessons learned to create action today!

At Parkinson Association of Alberta we strive to give people the information and tools they need to undertake the actions necessary to live well with Parkinson disease and Parkinson’s Plus Syndromes. A great example of this is Hope Conference for Parkinson’s, an exceptional education event and the only conference of its kind in the province. Hope Conference is designed to present attendees with information and tools to live well with Parkinson disease and Parkinson’s Plus Syndromes on a day-to-day basis. But just what does it mean to “live well” with Parkinson’s? The article below, “Living Well with Parkinson Disease” is from our Winter 2016 issue and delves into not only what it means to live well, but how YOU can take action to do just that!

Living Well With Parkinson Disease

Parkinson disease (PD) is a progressive neurological disease for which there is no known cause or cure. As someone who is living with a Parkinson’s diagnosis or has a loved one with PD, you are all too familiar with that statement. For many, once acceptance of the diagnosis has begun, the question that often arises is…

Is it possible to live well, even if one can’t get well?

The answer is absolutely “YES”, but it depends on you and the actions you take to ensure you are living a healthy, happy and fulfilling life.

There is a difference between living well and simply living. Living is well means living your life as an expression of who you are, what you believe and value most. Four ways things to consider when aiming to live well are: healthy mind and a healthy body go hand-in-hand; stepping outside of your box when it comes to approaching tasks or trying new things; asking for help is just as important as being patient; and finally, planning for the future is empowering!

Healthy Mind/Healthy Body

Mental and physical health have a lot in common. Both can affect how we function on a day-to-day basis and both benefit from basic and regular maintenance. There is a “mind-body connection” which simply means that your body responds to the way you think, feel and act. For example, stress, depression and/or anxiety might cause sleep issues, high blood pressure or headaches. Poor mental health can compromise your body’s immune system, and make you less likely to take care of your own physical well-being.

It can also be the reverse; a physical health issue can lend itself to poor emotional/mental health. It is important to talk to your support network, including you primary physician, about your feelings, especially if negative feelings don’t seem to be going away. This can lead to depression is a medical illness which, if left untreated (like any other health issue), can be a very serious issue.

The best way to achieve a healthy mind-body connection is to live a balanced life. Eat well. Get enough sleep. Exercise. Find time to relax – whether it is through mediation or yoga, going for a walk or reading a book – making time to recharge your self can go a long way towards living a balanced life.

Step Out of the Box

Parkinson’s is going to challenge the way you do things both now and as the disease itself progresses. The same sentiment holds true for all of us as we get older; as time marches on the way we approach and/or carry out activities in our day-to-day lives will inevitably change.

A Parkinson’s diagnosis doesn’t mean you can’t parent, work, travel, paint, exercise, etc; it just may mean you have to get creative and adjust your thinking about HOW you are going to accomplish what you want. And while it is true that certain tasks or hobbies may become improbable; it doesn’t mean you have to stop doing the things you love now or even a ways down the road. Everyday there are stories of people with Parkinson’s and without who are accomplishing things they never thought they could or who are finding new ways to enjoy the things and activities they love. They stepped outside of their box, outside of their comfort zone in some cases, to ensure they were living their best life possible!
Ask for Help/Be Patient

It is important to take care of yourself – whether you are a person with Parkinson’s or a primary care partner. Utilize products, services, and people that are available. When you need something or someone to help you, don’t look at it as giving in, instead, look at it as making intelligent decisions that will make your and/or your loved one’s life easier and safer.

As Parkinson’s progresses it can be frustrating to find that tasks that once came easy, are harder to perform. That frustration can lead to anger, resentment, anxiety and even depression. For some people with Parkinson’s these feelings can lead to giving up; for care partners it can lead to taking over. Maintaining independence is something that should, within reason, be strived for and encouraged. Remember to be patient and kind with yourself and/or your loved one; it might take a few minutes longer to complete day-to-day tasks, but the resulting sense of accomplishment and independence is a positive outcome on the road to living well.

Plan for the Future

Choosing to look down the road of life and begin to make plans or at least begin conversations about those plans can be daunting. Even more daunting though, is having no plans at all when you really need them. It is so very important to be proactive about you and your family’s future.

From putting up handrails or grab bars to sitting down with a financial planner to having a frank discussion with loved ones about decisions that will need to be made further down the road in one’s Parkinson’s journey (ie: housing, medical, etc). For many people (regardless of a chronic disease diagnosis) talking about or planning for their financial and/or medical futures can be an anxiety-filled thought. The decisions that families who have been touched by Parkinson’s will have to make in regards to these two points will not always be easy, or clear. By choosing to take the initiative and start a conversation before issues become critical can not only lessen stress but empower people in their journey.

We can all live well by expressing ourselves, being receptive to new ways of doing things or experiences, and by living each and every day to its fullest. We just have to choose to do so.
Parkinson Association of Alberta was pleased to welcome not one, but two keynote speakers to the 2018 Hope Conference for Parkinson’s. Both the motivational keynote, former NHL-er Nathan Dempsey, and the research keynote, best-selling author Dr. John Ratey, spoke about the benefits of being active and engaged in physical activity. To help you understand the ins and outs of exercise and Parkinson disease and how you can start to incorporate it into your daily life check out this great article titled “Get Moving, Keep Moving – The Importance of Exercise in Parkinson’s” from our Summer 2015 issue.

Exercise is important for everyone. For millennia, medical evidence has provided overwhelming support for the benefits exercise provides. In ancient China (2500-250 BC), for example, philosophical teachings encouraged participation in regular physical activity as well as noting that inactivity was associated with certain disease. Today exercise is recommended as part of most daily routines for all people and for almost every condition from depression to arthritis to Parkinson disease. In fact, for people with Parkinson disease, exercise is even more important.

Research indicates that people with Parkinson’s can benefit from exercise in one, possibly two ways. The first benefit is symptom management, and the second is the possibility of slowing down the progression of the disease.

In regards to symptom management, research shows that regular exercise can improve many aspects of the physical decline of Parkinson’s such as gait, balance, tremor, flexibility, and motor coordination. And, it’s not just the physical, motor symptoms of Parkinson’s that benefit from exercise. Studies show that regular exercise reduces stress, anxiety and feelings of depression. It can also have a positive effect on cognitive, sleep and constipation issues. In regards to the possibility of slowing down the progression of Parkinson’s, new research suggests that exercise may offer neuroprotection; which could potentially slow the progression of Parkinson’s in the brain.

While there are many different kinds of exercises; there are three basic types of exercise. The three types of exercise are aerobic, anaerobic and, flexibility and balance.

AEROBIC or cardiovascular exercise is any type of exercise that raises one’s heart rate to a Target Heart. Aerobic exercise improves and strengthens one’s heart, lungs and circulation; it can also help people lose weight and reduce the onset of some diseases (ie: diabetes, heart disease, etc). Some of the most common types of aerobic exercise include running, walking, bicycling, and dancing, but can also include swimming, skating, tennis, or any type of exercise that raises one’s heart rate.

ANAEROBIC or strength training exercise helps make one stronger and increases a person’s endurance. Anaerobic exercise provides significant functional benefits including increased bone, muscle, tendon and ligament strength and endurance. It can also help improve joint function, reduce one’s potential for injury and help decrease the risk of osteoporosis. Common types of anaerobic exercises include the use of weights, strength bands, sit-ups and push-ups.

FLEXIBILITY & BALANCE exercises enable a person to continue stay limber and enjoy a greater range of motion. Flexibility and balance exercises stretch your muscles, improve balance and can help prevent falls. Flexibility and balance exercises can range from simple, seated stretches to yoga, tai chi, martial arts, and many forms of dance.

A combination of all three types of exercise is best for overall health and well-being.

When should I begin?
Experts recommend that people with Parkinson disease, particularly young onset and/or those in the early stages, exercise with intensity for as long as possible, as often as possible. In fact, the sooner after diagnosis you begin exercising, the greater your physical reserve and self-motivation are likely to be. As the disease progresses it can become more difficult for a person with Parkinson’s
to find the motivation to begin – especially if apathy sets in. Signing up for a group program/class or enlisting a “fitness buddy” can help get and/or keep one motivated and hopefully make one’s exercise experience more fun in the process.

What should I do?
For people living with Parkinson disease (or any mobility issue for that matter) oftentimes the thought of engaging in exercise can be intimidating. There are a lot of options and it is not always clear which ones are safe or who to turn to for advice. Before starting any exercise program it is always a good idea to your doctor or neurologist as they are familiar with your medical history and can help provide guidance on what options may be best for you. Your doctor (or Parkinson Alberta Client Services Coordinator) may also suggest speaking with a physiotherapist. A physiotherapist is a specialist in treating mobility issues; he/she can perform an assessment and provide specific advice tailored specifically for your needs. When possible, it is best to see a physiotherapist who has had special training and/or experience with Parkinson disease.

Oftentimes with exercise programs if it becomes too easy or too boring a person can find themselves less inclined to take part. It is key to find something that is not only beneficial, but fun to do!

In conjunction with physiotherapists and others familiar with Parkinson disease, Parkinson Association of Alberta offers a wide-range of exercise opportunities across the province. These programs vary from Region to Region and include, but are not limited to:

- PD & Boxing
- PD & Dance
- PD & Exercise
- PD Circuit Training
- PD & Yoga
- Pole Walking
- PWR! Moves
- Walking Programs

To find out where and when these programs are available please contact your Regional Office or visit your Regional section of the website at www.parkinsonassociation.ca

1 The History of Fitness – Lance C. Dalleck, MS & Len Kravitz, PhD – University of New Mexico (2002)

FIVE TIPS TO KEEP IN MIND

1. Start slow and work your way up
   This doesn’t mean you shouldn’t put in solid effort, but by overdoing it you could seriously hurt yourself.

2. Mix it up
   If you find yourself becoming bored or uninterested try something new. Try yoga or an aqua class, or simply take a new walking path!

3. Everything is better with a friend (or friends)
   Keep motivated by exercising with a friend/loved one or in a group setting!

4. Raise a glass (or exercise friendly water bottle)
   Staying hydrated is imperative when undertaking any exercise regime.

5. People with Parkinson’s who exercise do better than those who don’t.

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Parkinson Pulse  Quarterly Magazine  SUMMER 2018
Dr. Aaron Mackie presented on cognition in Parkinson disease during a breakout session at this year’s Hope Conference (Calgary location). Refresh your memory on how cognition can be affected in those with Parkinson disease and find out what you can do about it in this article from our Winter 2017 issue titled, “Brain Games...Cognition and Parkinson’s.”

Cognitive impairment is a significant non-motor symptom of Parkinson disease, affecting many people with Parkinson’s to varying degrees. It’s true that during the course of normal aging cognitive decline can occur in certain areas (such as memory and speed of processing which are vulnerable to the aging process); however for people with Parkinson’s mild cognitive impairment can affect more areas.

What is cognition? Cognition is a term referring to the mental process involved in gaining knowledge and comprehension. These mental process include: thinking, knowing, remembering, judging and problem-solving.

For those with Parkinson disease, most retain their general intellectual ability and knowledge base as well as short and long-term memories acquired prior to the onset of Parkinson’s. It should be noted Parkinson disease does not cause sudden changes in cognitive functioning and those experiencing a sudden change should speak with their treating physician as the cause is likely to be something else, such as the side effect of medication, an infection, or a new neurological problem. It should also be noted that mild cognitive impairment in Parkinson’s is different than Parkinson disease dementia.

The following areas of cognition are typically affected by Parkinson’s:

- **Executive Function**
  Includes multitasking, decision making, problem solving, reasoning and complex planning. Problems with executive function are one of the most common cognitive changes reported in people with Parkinson’s. Issues with executive function can, for example, result in difficulties with bill paying or an inability to initiate a task but not completing the task when given structure, explicit instructions and cues.

- **Bradyphrenia**
  Meaning “slow brain”, bradyphrenia can be best explained as slow mental processing. This phenomenon can generally impact the speed at which information and language can be recalled and/or processed; this can result in difficulties in switching from one task to another, taking part in conversation and problem solving.

- **Memory**
  Includes recalling information, learning and retaining new information. People with Parkinson disease can experience difficulties in recalling information/memories, but in general, this function is less impaired than in those with Alzheimer’s disease. When given cues and/or choices, people with Parkinson’s frequently are able to recall more information.

- **Language**
  Includes difficulty finding the right word(s), feeling tongue-tied, naming objects, verbal concepts and comprehension. The most common language-related problem is word-finding; that is knowing what you want to say but having difficulty “finding” the right word or words to use.

- **Visuospatial Function**
  Includes distance/depth perception, sense of direction and mental imagery. Issues with this type of cognitive functioning can mean trouble putting together a puzzle, an inability to avoid obstacles in one’s path thus leading to a higher risk of falls and driving concerns.
What Can You Do?

It was once widely thought that the human brain, at some point stopped development at adulthood. Research has since shown otherwise, demonstrating three key findings: 1) areas of the brain that are used intensely can increase slightly in size; 2) new pathways of communication among brain cells can form; and 3) the brain has the ability to make new cells. Research indicates that people with Parkinson disease (as well as care partners and aging adults in general) may benefit from incorporating a cognitive component into their healthy living plan/goals.

- Exercise
While we all know that physical exercise is good for a bodies; many aren’t aware that it is also good for the mind. Exercise positively affects the brain on multiple fronts including increased oxygen to the brain, the release of hormones that provide an environment for the growth of brain cells and stimulating brain plasticity by stimulating growth of new connections between cells in a wide array of important cortical areas of the brain.

- Reduce Stress
Stress can have a negative impact on learning and memory; so finding and integrating strategies to reduce stress (such as relaxation techniques, meditation and exercise) can be beneficial.

- Keep Mentally Stimulated
Studies have found that engaging in challenging cognitive tasks can help protect against age-related declines in thinking. Play board/card games, challenge yourself on “brain training” websites, do a puzzle or word search, read, write or tell a story, paint a picture, play an instrument, try something new or doing something “old” a new way.

- Be Social
Staying socially connected can have a positive effect not only on one’s emotional health, but one’s mental health as well. Join a support group, program or class, or attend a favorite activity (like a church service or child/grandchild’s event) or try a new activity. Opportunities to engage in conversation, plan or commit to an outing and try new things keep the mind active and healthy.

- Use Proactive Strategies in Daily Activities
Taking a proactive approach to those activities which involve cognition can help improve and maintain cognitive function. Strategies that can help facilitate cognitive function include following a routine, using external cues (ie: a pill box, calendar and phone/alarm reminders), and taking time to more actively process new information (make a list, provide a detailed “how to”, reduce distractions)

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UPCOMING EVENTS

For more information on our upcoming events, please visit our website at parkinsonassociation.ca

Flexxaire Parkinson Step 'n Stride™
We are getting geared up across the province for the 6th Annual Flexxaire Parkinson Step 'n Stride walks! If you have not yet registered please do by visiting parkinsonassociation.ca/stepnstride. When you register this year you will receive a #WhyILWalk ball cap! Also new this year are some awesome incentives to help encourage you as you fundraise. See page 20 for more information and details.

Tap'd Out Food + Beverage Festival
Tantalize your taste buds with fantastic food and beverage across the province!

MEDICINE HAT
Wednesday, October 17
$55/person includes a three course meal with wine pairings

CALGARY
Wednesday, October 24
Craft Beer and Whisky tastings paired with delicious foods from around Calgary
VIP | $75, 6pm - 9pm
General | $50, 7pm - 9pm

Wednesday, November 14
Fine wine, savory bites and the sparkle of Hillberg and Berk will fill the room at this event.
VIP | $75, 6pm - 9pm
General | $50, 7pm - 9pm

Visit our website for more details and to purchase tickets.

PAST EVENTS

27th Annual Parkinson Tulip Golf Tournament
On July 5th 2018, Sirocco Golf Club hosted the 27th Annual Parkinson Tulip Golf Tournament which thanks to all the sponsors, golfers and volunteers was a huge success raising over $40,000!


Tour de Eddie
On June 1, 2018 Brent and Leah Jossy set off on the Tour de Eddie, a seven-day bike ride to raise funds and awareness for Parkinson disease. Brent and Leah, joined by family and friends, completed an 800 km journey from Kimberley, British Columbia to Josephburg, Alberta in honour of Brent’s father and Leah’s father-in-law, Eddie Jossy. This amazing event raised over $15,000.
Nutrition and Parkinson disease was a big part of the 2018 Hope Conference with breakout sessions on the topic taking place in both Calgary and Edmonton. The following article, “Healthy Eating & Parkinson disease” written by PAA Intern, Ninsa Garay appeared in the Summer 2014 issue and can help you understand why nutrition is so important in Parkinson’s and how you can be as healthy as possible!

While participating in the Serving Communities Internship Program with Parkinson Alberta (now Parkinson Association of Alberta), I had the opportunity to research the scientific literature regarding nutrition and Parkinson disease and speak with clients. During this time it became evident to me that nutrition is a critical component in managing Parkinson disease. Working towards achieving optimal nutrition status is important in this population and can be done with the help of a nutrition professional. One way to improve eating habits is by following a balanced diet that includes a variety of foods from all four food groups from “Eating Well with Canada’s Food Guide”.

Benefits of eating healthy:

• Reaching or maintaining a healthy body weight
• Meeting your nutrient and fluid requirements
• Having energy to do the activities you enjoy
• Maintain muscle strength
• Reduced risk of infection
• Reduced risk of chronic disease (Hypertension, Heart Disease, Diabetes)

People with Parkinson disease can especially benefit from following a balanced diet since the disease itself, or certain medications may cause specific nutritional concerns. Those with Parkinson disease may not always have regular bowel movements, which can cause discomfort, and may lead to other complications. Eating foods that are high in fibre will help ease this problem. Fibre is the part of the vegetable, fruit or grain that humans cannot digest, so it helps with regularity by pushing digested food through our bowels. There are many ways that you can include fibre in your diet, for example, choose whole grain products like whole grain breads, brown rice, or whole wheat pasta, or add fruit to your breakfast cereals. You can also try adding extra vegetables to casseroles and sauces. Remember to increase your fluid intake as well while you are increasing your fibre intake. Aim to drink at least 1.5-2L of liquids per day to help the fibre move through your system.

Symptoms like nausea may be eased by eating small meals frequently throughout the day, or taking medication with a small snack like a cracker or juice. Ginger has also been known to help with nausea. Try fresh ginger added to tea.

Other common symptoms like difficulty moving jaw or tongue, slow or uncontrolled movements, or problems swallowing certain foods or thin liquids may make it difficult to meet your daily nutrients and fluid requirements. Uncontrolled movements like tremors, also known as dyskinesia may increase your calorie needs. Meeting your daily calorie and nutrient requirements is very important since research has shown that as Parkinson disease progresses, people tend to lose weight and muscle, and your bones may become weaker. Eating soft foods, small frequent meals, and giving yourself enough time to eat and enjoy your meal are all things to consider the next time you sit down to eat.

References
http://www.parkinson.org/Parkinson-s-Disease/Living-Well/Nutrition.
The Countdown is on to the

On September 8th and 9th, individuals, families, neighbours and friends will come together at NINE locations across Alberta to celebrate as a community and take action at the 6th Annual Flexxaire Parkinson Step ‘n Stride™, Alberta’s largest Parkinson disease fundraising event!

As a leader in the pursuit for a better today and tomorrow for those living with and affected by Parkinson disease and Parkinson’s Plus Syndromes, Parkinson Association of Alberta plays a critical role in addressing the needs of the Parkinson’s community. By participating in and/or supporting Step ‘n Stride, you are helping to ensure PAA can continue to deliver vital support and services to all Albertans as well as aim for a brighter future through research.

Where Does the Money Go?

Parkinson Association of Alberta provides almost $2 million directly towards support services, programs, education, advocacy and research to the Parkinson’s community in Alberta. With no permanent/consistent funding from outside sources (including government), Parkinson Association of Alberta relies on the generosity of donors, grants, memberships and of course, fundraising initiatives to provide the necessary funds. The circles you see on these two pages contain 2017 statistics and facts regarding PAA, our fundraising efforts and our Step ‘n Stride!

It is with pride that Parkinson Association can report that Client Services accounts for the largest portion of our expenditures. Our core services, which we offer at no cost to those who require it, include individual and family supportive counselling, support groups, information and resources, referrals, education, in-services and community awareness programs. We also offer a variety of programming across the province at low cost to participants thanks to the funds we raise throughout the year.

Parkinson Association of Alberta also looks ahead to a brighter future for those with Parkinson disease by contributing to research through the Champions of Hope Campaign. Whether it is a cause, more effective treatments, complementary therapies or, ultimately, a cure; Parkinson Association of Alberta has always been committed to research.

8,365 people served via support services and outreach; a 15% increase over 2016

490 new clients served in 2017

Step ‘n Stride accounts for 55% of ALL PAA Event Fundraising

Champions of Hope contributed $195,000 to research in Alberta

Event Fundraising accounts for a monumental 49% of overall revenues

2018 FLEXXAIRE PARKINSON STEP ‘N STRIDE™

Parkinson Association of Alberta parkinsonassociation.ca
6TH Annual Flexxaire Parkinson Step ‘n Stride™

Rest assured, that every dollar raised for Parkinson Association of Alberta not only goes towards better days and brighter futures for Albertans affected by Parkinson’s, but is earmarked for the Region in which it was raised.

What to Bring on Walk Day

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Walk Locations

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REGISTER TODAY at parkinsonassociation.ca/stepnstride

42% of 2017 budget spent directly on Client Support & Services

1025 Parkinson’s Info Packs distributed

112 people received support via the toll-free PD Helpline

3 Tele-Support Groups and 33 Support Groups in 23 communities

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In an age of information and the internet it seems every day there is a new claim about curing Parkinson disease. While a cure does not currently exist, we all hope for the day science unlocks the mystery to a cause and/or a cure for Parkinson’s. It is important to recognize that not all information is credible information. Understanding what goes into the scientific research process is key to balancing hope and reality. To help us understand the scientific process for research, we take a look back to the Summer 2014 issue and a piece written by H. Shaikh and O. Suchowersky MD, FRCPC, FCCMG entitled “How are New Treatments for Parkinson disease Developed.”

The development of new therapies for Parkinson disease (PD) is fueled by research. This is a long and slow process, taking decades, and millions of dollars before a new drug can be used clinically. It starts with preclinical trials to establish whether a treatment appears to be effective and safe, and to determine if further investigation is worth pursuing. Preclinical experiments include “in vitro” and “in vivo” trials. “In vitro” trials occur in the lab, using cells or tissues. These are followed by “in vivo” trials, done on animals. Following successful “in vitro” and “in vivo” trials, the study shifts to clinical trials, which are composed of three different phases.

**Phase I**

The first phase of clinical trials, Phase I, involves few individuals with the goals of assessing the safety of the treatment, evaluation of any side effects, observation of the action of the treatment, including how it moves through the body, how the body responds, and how it is eliminated. If Phase I is successful, the study moves on to Phase II.

**Phase II**

Phase II is done with the objective of monitoring the benefits, tolerability and safety of the treatment. Additionally, these trials are useful to establish the effective dosage. Every individual is unique and may react to different treatments differently, so it is helpful to observe the effects of the drug on a larger sample of people. Phase II trials may be done with two groups of people divided into experimental and control groups. The experimental group receives the actual treatment, while the control group receives a placebo, a “sugar pill.” The experiment is typically done with the study participants, investigator, and/or both being blinded; this means that they do not know who is receiving the treatment and who is receiving the placebo. This allows the researcher to observe the effects of the proposed treatment in an unbiased fashion.

**Phase III**

Phase III trials are typically done on a large number of individuals, usually several thousand. The purpose of this phase is to compare the new treatment to existing treatments or placebo to determine the benefits and safety. In order to ensure impartiality, Phase III trials are always done in a double-blind controlled fashion, meaning neither participant nor researcher knows who is on which treatment.

In the event that the treatment proves successful, approval is given by Health Canada after it reviews all of the data. Only then may it become available on prescription; but research does not end there.

Once the treatment is in widespread use, information continues to be collected by Health Canada, and the pharmaceutical company to monitor the side effects of the treatment.

All clinical research that is conducted must strictly adhere to ethical guidelines. Research must be conducted with informed consent, which means that potential participants are told about the study and permission is obtained from the participants before proceeding. Participation is entirely voluntary and the participant has the right to withdraw from the study at any time. The researcher is obliged to minimize the risks associated with the study; in other words, they must protect the participants from harm. Additionally, researchers must be respectful of privacy and confidentiality by safeguarding the participant’s personal information. Lastly, the participants are entitled to know the true purpose of the study, with as much information as possible being provided. Following study completion, the participants should be told whether they were on the study drug or a “sugar pill.”

Clinical research is a complex process that must adhere to strict scientific and ethical guidelines. With many potential candidates that can be studied scientifically for PD, there is plenty of hope for the PD community that new treatments will continue to be developed.
While many of our Support Groups run monthly, September through June, some do run through the summer months. Please check your Regional section of our website for the most up-to-date information.

### ALBERTA 1-800-561-1911

**ARTA CHARITABLE FOUNDATION’S TELE-SUPPORT GROUPS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Group</th>
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<tbody>
<tr>
<td>3rd Wednesday</td>
<td>6:30 pm – 7:30 pm</td>
<td>Care Partners</td>
</tr>
<tr>
<td>3rd Thursday</td>
<td>10:00 am – 11:00 am</td>
<td>General Parkinson’s</td>
</tr>
<tr>
<td>4th Thursday</td>
<td>10:00 am – 11:00 am</td>
<td>Parkinson’s Plus Syndromes</td>
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Advance registration is required to receive call-in instructions & a passcode; call the above number.

### CALGARY REGION 403-243-9901

**AIRDRIE**

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<tr>
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<tbody>
<tr>
<td>3rd Monday of the month</td>
<td>10:00 am – 11:30 am</td>
<td>Cam Clark Ford – 1001 Highland Park Blvd</td>
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<tr>
<td>1st Monday of the month</td>
<td>10:00 am – 12:00 pm</td>
<td>Hope Lutheran Church – 3527 Boulton Rd NW</td>
</tr>
<tr>
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<td>10:00 am – 11:30 am</td>
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<td>2nd Monday of the month</td>
<td>10:00 am – 11:30 am</td>
<td>McDougall United Church – 8516 Athabasca St SE</td>
</tr>
<tr>
<td>3rd Monday of the month</td>
<td>1:30 pm – 3:00 pm</td>
<td>PAA Calgary Office – 102, 5636 Burbank Cres SE</td>
</tr>
<tr>
<td>4th Monday of the month</td>
<td>10:00 am – 11:30 am</td>
<td>McDougall United Church – 8516 Athabasca St SE</td>
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<td>Hope Lutheran Church – 3527 Boulton Rd NW</td>
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<td>St. Andrew’s United Church – 128 – 1st St SE</td>
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**NANTON**

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<tr>
<td>4th Thursday of the month</td>
<td>10:00 am – 11:30 am</td>
<td>St. Cecilia’s Catholic Church – 2308 – 19th St</td>
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**EDMONTON REGION 780-425-6400**

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<tr>
<td>2nd Wednesday (will run in Aug)</td>
<td>3:30 pm – 5:30 pm</td>
<td>City Lights Church – 4920 – 48 St</td>
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<td>1st Wednesday of the month</td>
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<td>Rutherford Heights – 949 Rutherford Rd</td>
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<td>10:00 am – 12:00 pm</td>
<td>PAA Edmonton Office – 11209 – 86 St NW</td>
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<td>Shepherd’s Care – 12603 – 135 Ave</td>
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**FORT SASKATCHEWAN**

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<tr>
<td>4th Tuesday of the month</td>
<td>1:00 pm – 3:00 pm</td>
<td>Pioneer House – 10102 - 100 Ave</td>
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**LEDUC**

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<td>4th Tuesday</td>
<td>6:30 pm - 8:30 pm</td>
<td>Telford House – 4907 - 46 St</td>
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**PARKLAND (SPRUCE GROVE/STONY PLAIN)**

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<td>Rehoboth – 3920 49 Ave, Stony Plain</td>
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<td>1:00 pm – 3:00 pm</td>
<td>Bethel Lutheran Church – 298 Bethel Dr</td>
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**ST. ALBERT**

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<td>St. Albert 55+ Club – 7 Tache St</td>
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<td><strong>WESTLOCK</strong></td>
<td>Last Monday of the month 1:30 pm – 3:30 pm</td>
<td>Room 140, Provincial Bldg – 2, 10003 – 100th St</td>
</tr>
<tr>
<td><strong>GRANDE PRAIRIE REGION</strong></td>
<td><strong>Grande Prairie</strong> 2nd Wednesday (will run in Aug) 2:00 pm – 3:30 pm</td>
<td>Grande Prairie Care Centre – 9705 – 94 Ave</td>
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<tr>
<td><strong>LETHBRIDGE REGION</strong></td>
<td><strong>Lethbridge</strong> 3rd Thursday of the month 2:00 pm – 4:00 pm</td>
<td>Lethbridge Senior Citizens Org. – 500 – 11th St S</td>
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<tr>
<td><strong>TABER</strong></td>
<td>2nd Tuesday of the month 10:00 am – 12:00 pm</td>
<td>Taber Public Library – 5415 – 50 Ave</td>
</tr>
<tr>
<td><strong>LLOYDMINSTER REGION</strong></td>
<td><strong>Lloydminster</strong> 4th Tuesday of the month 2:00 pm – 4:00 pm</td>
<td>Southridge Community Church – 5701 – 41 Street</td>
</tr>
<tr>
<td><strong>WAINWRIGHT</strong></td>
<td>1st Wednesday of the month - Care Partners 7:00 pm – 9:00 pm</td>
<td>Provincial Building – 810 – 14th Ave</td>
</tr>
<tr>
<td><strong>MEDICINE HAT REGION</strong></td>
<td><strong>Medicine Hat</strong> 4th Tuesday of the month 1:30 pm – 3:30 pm</td>
<td>Crossroads Church – 1340 – 22 St SE</td>
</tr>
<tr>
<td><strong>RED DEER REGION</strong></td>
<td><strong>Castor</strong> TBD – Please Call 1:30 pm – 3:30 pm</td>
<td>Paintearth Lodge – 4501 – 55 Ave</td>
</tr>
<tr>
<td><strong>LACOMBE</strong></td>
<td>4th Wednesday of the month 10:00 am – 12:00 pm</td>
<td>Wolf Creek Community Church – 4110 Hwy 12</td>
</tr>
<tr>
<td><strong>OLDS</strong></td>
<td>2nd Wednesday of the month 1:30 pm – 3:30 pm</td>
<td>Sunrise Village – 5600 Sunrise Cres</td>
</tr>
<tr>
<td><strong>RED DEER</strong></td>
<td>3rd Wednesday of the month 10:30 am – 12:30 pm</td>
<td>Davenport Church of Christ – 68 Donlevy St</td>
</tr>
<tr>
<td><strong>ROCKY MOUNTAIN HOUSE</strong></td>
<td>2nd Thursday (Mar, Jun, Sept &amp; Dec) 2:00 pm – 4:00 pm</td>
<td>Royal LePage – 5107 – 50 St</td>
</tr>
<tr>
<td><strong>THREE HILLS</strong></td>
<td>2nd Tuesday (Jan, Mar, May, Sept &amp; Nov) 1:30 pm – 3:30 pm</td>
<td>Community Drop In Centre</td>
</tr>
</tbody>
</table>

**FOLLOW US**

Facebook: /ParkinsonAssociationofAlberta
Twitter: @PDAssocAB
Instagram: parkinsonassociationofalberta
### Personal Information

- **Mr.**  [ ]
- **Mrs.**  [ ]
- **Miss**  [ ]
- **Dr.**  [ ]

First Name: ____________________________  
Last Name: ____________________________  
Address: ____________________________  
City: ____________________________  
Prov: ____________________________  
Postal: ____________________________  
Phone: ____________________________  
Email: ____________________________  

- **Person Living with PD**  [ ]
- **Spouse/Partner has PD**  [ ]
- **Family Member/Friend**  [ ]
- **Professional Health Provider**  [ ]

I would like to learn more about volunteering  
I would like to receive email communications from Parkinson Association of Alberta (including newsletter, updates & information)

### Membership

Membership is $25 annually and runs from January 1 to December 31.

- **I wish to BECOME a member**  [ ]
- **I wish to RENEW my Membership**  [ ]
- **I would like my Parkinson Pulse Magazine mailed to me**  [ ]

### Donation

Donations of $20 and up will be receipted.

- **I wish to make a DONATION in the amount of:** $__________  
- **In Memory of**  ____________________________  
- **In Honor of**  ____________________________  

Please send a notification of this gift to (name and address): ____________________________  

### Payment

- Enclosed please find my cheque (made payable to Parkinson Association of Alberta)  
  or cash for $__________  

Please bill my:  
- **Visa**  [ ]
- **Mastercard**  [ ]
- **American Express**  [ ]

Name on Card: ____________________________  
Card Number: ____________________________  
Expiry: ____________________________  
CVD: ____________________________
Fundraising is rewarding! Parkinson Association of Alberta cannot thank Walkers enough for their fundraising efforts, but we can try! We know you are not in it for the rewards, but when you fundraise for Step ’n Stride, you become eligible to receive one of the following fundraising rewards. If you have any questions about incentives please call your Regional Office or toll-free 1-800-561-1911.

Every registered Walker will receive a #WhyIWalk ball cap, pick yours up at check in on Walk day!

- **$250** Tech Shirt
- **$500** Artic 02Cool squeeze bottle with mister
- **$1000** Nightlight with USB port
- **$5000** Blue Tremblant Knit Jacket
- **$2500** Portable Juice Blender
Willow Park Wines & Spirits

25th CHARITY WINE AUCTION

DIAMOND BALL

NOV.3.2018

in support of the Vintage Fund

7 PM | Tickets $250

Celebrating 25 Years of Community Support!
Over $5 million dollars raised for local charities!

Auction Week tickets available at willowparkwines.com
Join us for the first annual Tap’d Out Food and Beverage Festival!

Enjoy events across the province ranging from wine and craft beer tastings to three course dinners. Each event will tantalize your taste buds with fantastic food and tasty beverages.

AUCTIONS, RAFFLES, ENTERTAINMENT & MORE!

MEDICINE HAT

Wednesday, October 17
Includes a three course meal with wine pairings
Chacko’s Kitchen & Bar
439 5th Ave SE
5:30pm | $55/person

CALGARY

Wednesday, October 24
Craft Beer and Whisky tastings paired with delicious foods from around Calgary
Willow Park Wines & Spirits
10801 Bonaventure Dr SE
VIP $75 | 6pm - 9pm
General $50 | 7pm - 9pm

Wednesday, November 14
Fine wine, savory bites and the sparkle of Hillberg & Berk will fill the room at this event.
Willow Park Wines & Spirits
10801 Bonaventure Dr SE
VIP $75 | 6pm - 9pm
General $50 | 7pm - 9pm

More Tap’d Out events coming in 2019 around the province! For event listings and to purchase tickets visit parkinsonassociation.ca or call 403-243-9901. Proceeds from ticket sales, auctions and sponsorship will go towards Parkinson Association of Alberta.

Pekarsky & Co., western Canada’s award-winning boutique executive search firm, is proud to be stepping up for the Flexxaire Parkinson Step ‘n Stride™ walk as a presenting sponsor for this important cause.

Follow us on social media: Pekarsky & Co.