5TH ANNUAL HOPE CONFERENCE FOR PARKINSON’S

Hope Conference 2012 Set for Edmonton

Enough’s Enough
Tulip Campaign Blooms Hope
Tulip Golf Tournament Gets into Full Swing
Here Comes SuperWalk

Help for Today... Hope for Tomorrow

To subscribe to Parkinson Pulse call 1-800-561-1911 (Toll Free In Alberta) or visit www.parkinsonalberta.ca
Here’s your chance to put the power in your step for Parkinson SuperWalk 2012.

Now’s the time to get energized to step up and step out with Canadians in 95 communities coast to coast to help ease the burden and search for a cure for people living with Parkinson disease. You can sign up to walk as an individual, a team, a virtual walker or set up your own corporate challenge. Don’t wait! The earlier you get started, the more power you will put into every step taken. You can make 2012 the best Parkinson SuperWalk yet by signing up today!

Parkinson SuperWalk is the largest fundraising event of the year to provide the primary support and hope for over 100,000 Canadians and 8,000 Albertans living with Parkinson disease. Today SuperWalks are springing up from the heart of communities all over the province. If you or someone you know would like to start a SuperWalk in your area give us a call at 1-800-561-1911 (Toll Free across Alberta). Our staff will be delighted to assist you. Please see our website for current Parkinson SuperWalk locations across Alberta.

Visit www.parkinsonalberta.ca for details and www.superwalk.com to register for SuperWalk or call us at 1-800-561-1911 (Toll Free across Alberta) for additional information.
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Help for Today... Hope for Tomorrow
Parkinson Alberta Society (PAS), is the only Alberta charitable organization dedicated to education, support, research and advocacy on behalf of over 8,000 Albertans living with Parkinson disease. Parkinson Pulse is a quarterly publication of Parkinson Alberta Society. It is distributed free of charge to people living with Parkinson disease, supporters, researchers and community health partners. We welcome your comments and suggestions. Please send letters to: Parkinson Pulse, 102, 5636 Burbank Crescent SE, Calgary, AB T2H 1Z6 or email us at info@parkinsonalberta.ca.

If you would like to be added or removed from our mailing list, please email info@parkinsonalberta.ca, call 1-800-561-1911, or visit www.parkinsonalberta.ca.

Articles and information contained in the Parkinson Pulse are provided solely for the reader’s interest.

Articles do not necessarily reflect the views of Parkinson Alberta Society and are not intended as medical advice. Please consult your doctor or neurologist in all matters relating to health concerns or medication.

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THE STATE OF THE FEDERATION

A significant portion of my focus, since the last edition of Parkinson Pulse, has been directed to the role of Parkinson Alberta Society in the Parkinson Canada Federation. I want to use this opportunity to share with you, an introspective look into the state of this Federation.

The Parkinson Canada Federation is across 11 different regions in Canada that participate actively and directly in the governance and growth of the group as a whole. Formed around a mutually beneficial agreement, the potential benefits of this federated model are without question. Together, we can leverage synergies to create innovative solutions for research, provide support for mutual issues, create a stronger voice and build a national identity that will grow our effectiveness as we represent those affected by Parkinson disease.

For example, collectively as a group we have been able to amplify our efforts to find a cure. Support is now being provided for Parkinson’s research on 69 research projects across the country. Hopefully it will improve the quality of life for all Canadian families touched by PD, no matter where they live. Contributions from Parkinson Alberta Society to the National Research Program (NRP) have been multiplied more than tenfold in the last few years.

Support provided for mutual issues from the Parkinson Canada Federation comes from one of its participating and equal Federation partners, Parkinson Society Canada. It includes:

- Administration and management of the National Research Program,
- Leadership of the Neurological Health Charities Coalition (NHCC), resulting in the implementation of a national brain strategy with 18 research projects underway and Parkinson disease on the agenda for 2017,
- Advocacy to effect policy change at the federal government level and the provision of expertise for local and regional government relations efforts,
- Facilitation of national meetings including the Parkinson Society Federation Council (PSFC), the Executive Leadership Team (ELT), and committees on topics such as National Branding, Communications, Financial Assessment Model, Client Services and Fund Development,
- Provision of client services development tools, resources and educational materials sharing best practices across the country no matter which region they come from and that complement the programs and services delivered in Alberta as well as other provinces, and
- Creation and execution of public relations strategies, tools and campaigns and marketing

The cost of these services is escalating. Parkinson Federation Canada and its Financial Assessment (continued on page 17)
Plans are nearing completion for the 5th Annual Hope Conference for Parkinson's taking place in Edmonton on May 25 and 26. It promises to be a valuable experience for everyone whose lives are affected by Parkinson disease including persons living with PD, spouses and families affected by PD, caregivers, health professionals and students in the health field.

As the single largest and most significant event in Alberta offering Help and Hope on behalf of the over 8,000 people living with Parkinson disease in our province, the 2012 Conference has been designed to connect you in a bigger way.

Leading the agenda is a keynote address from Dr. Mark Guttman, head of one of Canada's largest Parkinson practices in Markham, Ontario, and a featured presentation by the Director of Counselling from the Hope Foundation of Alberta, Wendy Edey.

Optional sessions offer an interesting variety of six Parkinson-specific topics including anxiety & depression, healthy living, cognitive changes, activity, intimacy and help for caregivers. Don’t wait to register! Hot topics are filling up fast. Rounding out the event will be the ever popular Q&A session with a panel of PD experts, an Art Gallery, featuring works by people living with Parkinson disease and a Vendor Plaza that is nearing its capacity. Together with a dinner on Friday, a lunch on Saturday, refreshments and snacks throughout, expanded breaks, a new space to relax, fun, entertainment and music, this will be an event to remember.

Hotel reservations at the Delta Edmonton South can be made by calling the toll free phone number on the left. They must be made by April 25 to qualify for the special Conference Rate. Transportation assistance is available to groups of five or more from five locations across the province. You can register for the Conference by mailing or faxing the form on Page 16 or online at www.parkinsonalberta.ca. Please call 1-800-561-1911 toll free from anywhere in Alberta, for assistance with transportation or registration. See details at www.parkinsonalberta.ca.
Breakout Sessions

1. Dealing with Anxiety & Depression
This is a vital step for maintaining quality of life, delegates will learn about a range of treatments that can be effective for people with PD. Presenter: Dr. Jorge Perez-Parada

2. Staying Healthy from Bowels to Bones
Gain helpful insights into the role nutrition plays in PD; from how to ensure a healthy diet to managing constipation. Presenter: Barb MacLean

3. Caring for the Caregiver (caregivers only)
Empower yourself to take positive steps towards finding life balance through discussion, coping strategies and informational handouts. Presenter: Bonnie Hoffman

4. Coping with Cognitive Changes
Learn some of the cognitive impairments associated with PD and discuss strategies for adapting to, and coping with these changes. Presenter: Dr. Richard Camicioli

5. Movement Matters
Learn the importance of exercise, maintaining functional activities and large amplitude movements in managing Parkinson disease. Presenter: Susan Loewen

6. PD & Intimacy
Don’t miss this opportunity to review the common problems that people with PD and their partners encounter. Gain an understanding of the complexity of sexual functioning with PD and learn strategies for managing the challenges that couples face. Presenter: Kathryn Brosseau

Conference Schedule

1:00 - 2:00PM AGM Registration

Friday, May 25, 2012

1:00 Conference Registration
4:15 Conference Opening
4:30 Help for Today
Keynote Speaker: Dr. Mark Guttman
5:30 Dinner
7:00 Awards Presentation
7:45 Reception (cash bar)

Saturday, May 26, 2012

8:00 Continental Breakfast
8:00 Conference Registration
9:00 Hope for Tomorrow
Featured Speaker: Wendy Edey: Living Audaciously With Chronic Illness – The Art of Being Hopeful
10:00 Interactive Demonstration One
10:15 Break
10:30 Breakout Session AM
11:50 Lunch
12:50 Interactive Demonstration Two
1:05 Break
1:15 Breakout Session PM
2:15 Break
Expert Panel Q&A
3:45 Closing Remarks

Keynote Speaker: Dr. Mark Guttman

Dr. Guttman is the Director of the Centre for Movement Disorders in Markham, Ontario which is one of the largest Parkinson’s practices in the country with over 2000 Parkinson’s patients. The Centre for Movement Disorders is a National Parkinson Foundation Centre of Excellence based on its support of clinical and research efforts in Parkinson disease. Dr. Guttman is involved with Parkinson Society Canada as a member of the Research Policy Committee and has previously been a member of the Scientific Advisory Board.

Featured Speaker: Wendy Edey

Wendy Edey is a counselling psychologist whose work integrates three personal passions: hope, humour and storytelling. She is Director of Counselling at The Hope Foundation of Alberta — an internationally recognized centre for hope studies. She is co-founder of the International Database of Hope Research Literature.
Here Comes SUPERWALK 2012

With just over four months to go, it’s time to start thinking about Parkinson SuperWalk again! We invite you to share the power of a step.

Parkinson SuperWalk is the largest fundraiser for Parkinson Alberta Society. Last year, thanks to the efforts of our participants, sponsors and volunteers, we raised over $308,000!

We invite you to Share the Power of a Step by registering for the 2012 Parkinson SuperWalk. Online registration opened at the beginning of April. If this is your registration method of choice please visit www.superwalk.com now! If you prefer the paper registration form method, would like more information on how you can get involved, or would like to find out how to host a SuperWalk in your community or residential care facility contact the SuperWalk Coordinator closest to you (listed below) or call 1-800-561-1911 toll free from anywhere in Alberta.

**Calgary**
Saturday, September 8
North Glenmore Park
Contact: Aimee Newton
403-243-9901

**Cochrane**
Sunday, September 9
Cochrane Ranche
Contact: Aimee Newton
403-243-9901

**Edmonton**
Saturday, September 8
Rundle Park (ACT Centre)
Contact: Brandi La Bonte
780-425-6400

**Grande Prairie**
Saturday, September 8
Muskoseepi Park Pavillion
Contact: Donna Radbourne
780-532-5030

**Red Deer**
Saturday, September 8
Golden Circle
Contact: Marilyne Herron
403-346-4463

**Medicine Hat**
Sunday, September 9
Kinplex
Contact: Beth Metcalf
403-526-5521

**Lethbridge**
Saturday, September 8
Indian Battle Park
Contact: Brian Treadwell
403-317-7710

**High Level**
Saturday, September 8
Florence MacDougall Community School
Contact: Michelle Gilbert
MichelleG@fvsd.ab.ca
SUPERWALK TIPS & TRICKS

Are you interested in participating, but are not sure how to go about it? Consider one of the following options:

**Individual Walkers** — Register online or collect pledges using the paper form
**Register as a Team** — Make this a family event or great afternoon out with friends
**Corporate Challenge** — Get your business involved, compete against other businesses
**Virtual Walker** — Can’t physically make it to the Walk but still want to be involved? Become a Virtual Walker and show your support by raising funds!

Once you’ve registered you may be looking for some creative ways to go above and beyond asking friends and family for support. Why not try one or more of these fun and exciting ways you and your team members can help fundraise for SuperWalk?

**CandyGrams** — Sign people up to have a candygram sent to a co-worker, a neighbour, or a friend with a personal message attached. This is a great way to show your appreciation to a colleague and/or friend. If you are in a supervisory position give one to your staff as a thank you for their hard work.

**Kids!** Get your class or neighbourhood involved! Get your friends to give each other candygrams as gifts.

**Bake Sale** — Perfect fundraiser for your office, church group, residential care facility or social club. Have everyone bake their most delicious treat with all proceeds going to SuperWalk. Want to make it more interesting? Host a Bake Off — where people pay to taste all the different desserts and then vote on their favorite one!

**Kids!** Sell baked goods at school functions and during breaks to raise money for SuperWalk!

**Garage Sale** — You know all that stuff that’s been hanging around your house? Gather it up, put it in your front yard and sell, sell, sell! Ask your neighbours to participate and make it a street sale in support of SuperWalk! No yard? No problem! Gather all your unwanted items and post them on ebay or Kijiji.

**Bowling Nights** — Plan a fun night of bowling at your local lanes. Ask the owner to waive the cost of bowling for the night and you can collect that money and turn it into pledges! Not into bowling? Don’t worry, try and book a mini putt, paintball, laser tag, tennis or go-cart night instead.

**Kids!** Get your teachers involved! Having a function or day trip with your classmates, ask your teacher to try a bowling day and all costs for bowling turn into pledges.

**Birthday Gift Pledge** — This is a very simple way to raise money and it will be a lot easier for your family and friends to sponsor you instead of spending hours trying to find that perfect gift.

**Kids!** Going to a birthday party, donate to SuperWalk as a gift.
It's time to polish up your putters and start getting into the swing of things! Parkinson Alberta’s 21st Annual Tulip Tournament in Calgary is already booked for July 26th at Elbow Springs Golf & Country Club.

Located just minutes west of Calgary, Elbow Springs Golf Club is a spectacular, 27 hole, championship, semi-private course located in the scenic Elbow River Valley. Natural springs create ponds and streams that come into play on 18 of the 27 holes. It offers enjoyment and challenge for golfers of all abilities.

The Elbow Springs course was designed by local golf/landscape architect, Ron Ehlert. Blessed with many natural wonders, it is laced with white sand bunkers, crystal clear spring-fed water hazards, and rolling terrain. The sand based bentgrass greens are large, well guarded, and provide smooth putting surfaces. These can be demanding to putt on due to subtle breaks that are often overlooked. Golfers will be sure to find Elbow Springs’ putting surfaces roll fast and true throughout the entire golf season.

A fun-packed event has been planned for everybody. Driving the way is the Four Person Texas Scramble format, guaranteeing golfers of any ability an enjoyable and memorable game. Activities kick-off with a 1pm shotgun. The round is followed up with an invitation to join us for a relaxing dinner at this spectacular venue. Silent and live auctions, loaded with great “gotta have it” new items, are on the planning board right now to add to the excitement of the evening.

Starting as a dream in the heart of a supporter who was determined to make a difference in the life of a close friend with Parkinson disease in 1992, today The Tulip Tournament offers a variety of opportunities for anyone to get involved. For example, participants can simply choose to play golf for four! Or choose to play golf for four and position their brand at the same time for only a few dollars more! And everyone can heat up the evening with donations of “hot ticket” items for the auctions!

The choices abound! Full package details and registration are available online at www.parkinsonalberta.ca. Please do not hesitate to contact us for additional information or assistance at 403-243-9901.
Edmonton’s Tulip Campaign is attracting attention and leaving an unforgettable impression in the hearts and minds of everyone it touches.

Still in its infancy, the Hope in Bloom Tulip Campaign is proving to be a new, fresh and popular way to help hope bloom for people in Alberta living with Parkinson disease. Created recently by the visionary folks at Parkinson Alberta’s Edmonton office, this April Awareness Month event gives everyone the opportunity to celebrate spring and the hope it brings with a fresh splash of colour while raising awareness and giving hope to the over 8,000 people who live with Parkinson disease in Alberta.

Thousands of tulips have been grown for Parkinson Alberta by the horticultural experts at the Muttart Conservatory in Edmonton. This year they are red touched with white and are ready to brighten everyone’s spring day. Each pot is colourfully wrapped and contains four bulbs that can be replanted in the fall to return as a yearly reminder of hope every spring. Anyone can grow hope for only $8 per pot.

Early indications are that more than just the tulips are growing; so is the interest. Only one-third of the way into the campaign, already over half of the tulips have been ‘spoken for’. Moreover, orders now have begun to grow beyond the Edmonton area. Interest has been expressed from as far away as Calgary, Medicine Hat and Grande Prairie.

Today, the tulip is the universally recognized symbol for Parkinson disease. It was introduced on April 11, 2005 at the ninth World PD Day Conference in Luxembourg as a result of the development of the James Parkinson Tulip in 1980. The tulip was named for Dr. James Parkinson, the English physician who is credited with first identifying Parkinson disease in 1817. If you would like to purchase your own Hope In Bloom Tulips, simply contact your nearest Parkinson Alberta office and they will be able to assist you. Don’t wait. Sales end on April 30.
COMPASS PROGRAM NOW REGISTERING FOR SPRING SESSIONS

This spring, Parkinson Alberta Society is offering nine sessions designed to help caregivers deal with the emotional strain of caring for family members or friends living with challenges due to Parkinson disease, other illness, disability or age.

Topics include:
- Caregiver Characteristics
- The Emotional Journey
- Strengths and Limitations
- Assertiveness and Sharing the Care
- Putting Yourself First
- Caregiver Burnout
- Navigating the System
- Planning for the Journey Ahead
- Gathering Again

In Calgary
Sessions will take place on Wednesdays from April 25 to June 20. For more information, please contact Harle or Tanya at 403-243-9901.

In Edmonton
Please call 780-425-6400 for more information. Classes will be held at the PAS Edmonton office.

A REMINDER!
Parkinson Alberta
Edmonton Office
is now located at:

The Stanley Building
102, 11748 Kingsway Avenue
Edmonton, AB T5G 0X5
780-425-6400

MEDICINE HAT SOBEYS ROUNDS IT UP FOR PD

From April 13 until April 30, anyone shopping at Sobeys in the ‘Hat’ is able to choose to have his or her purchase rounded up to the nearest dollar to help those living with Parkinson disease and the people who care about them. What a great idea Sobeys!

A big thank you from PAS!

Thanks Benjamin!
Kudos to Benjamin Trudeau of Calgary who asked that his presents for his 8th Birthday be a donation to PAS. HAPPY BIRTHDAY Benjamin from all of us at Parkinson Alberta!!
HAT’S OFF TO MEDICINE HAT COMMUNITY SERVICE GROUPS FOR THEIR INVESTMENT IN PAS!

On November 9, 2011, Medicine Man Lodge No 10341 Grand Lodge Direct – Royal Antediluvian Order of Buffaloes (BUFFS) presented a cheque to the Medicine Hat PAS office in the amount of $250.00 to be used for local Parkinson Alberta Support Groups.

On February 3, 2012, Saamis Rotary Club presented a cheque to Beth Metcalf, Client Services Coordinator, in the amount of $1,700.00 to be used for local Parkinson Alberta Support Group Meetings.

On February 13, 2012, Ladies Auxiliary Branch #17 of the Robertson Memorial Legion presented a cheque to Parkinson Alberta Society, Medicine Hat office, in the amount of $1,000.00 to be used for local Parkinson Alberta In-Service Community Awareness Programs.

Picture: Left: Phil Edwards, Saamis Rotary Club Treasurer  Right: Beth Metcalf, PAS Client Services Coordinator

In Calgary
Brian Farrell, Calgary educator, vocal coach and artistic mentor, is pleased to bring another program to you. You can enjoy his upcoming creative music class this spring starting on April 25, 2012 (Wednesdays) for eight weeks, at Grace Presbyterian Church, at 10:00 to 11:30 am. It is open to all, regardless of singing experience, and it will focus on singing music in unison, singing music in parts and singing music by rote. To register please call Harle or Tanya at 403-243-9901, or email them at hburnett@parkinsonalberta.ca or tgood@parkinsonalberta.ca. The cost is $65.

In Edmonton
The Edmonton singing group is currently going strong and getting louder, which is our goal. We are singing songs from the Sound of Music and will be performing at the Hope Conference. For more information please call Parkinson Alberta at 780-425-4600.

In Grande Prairie (NEW)
The Grande Prairie Support Group is now offering a Singing Group to those with Parkinson disease. If you are interested in signing up or would like to obtain more information, please contact Doreen in Grande Prairie at 780-538-4131 or Judy or Cathy at 780-425-6400 for more information.
We are looking for individuals who have been diagnosed with Parkinson disease in the past two years and who are not taking Parkinson medications. The purpose of the study is to see if the study drug, called Cogane, improves symptoms of Parkinson disease and whether it is well tolerated by patients.

We are looking for individuals with Parkinson disease who have been on anti-parkinson medication for at least the past 12 months and are taking at least four doses of a levodopa containing preparation each day. Medication dosing must have been stable for the past four weeks prior to entering the study. Individuals must be experiencing significant "off" periods each day. The purpose of the study is to test the effect of the study drug on movement during the "on" and "off" states. This study will require a large time commitment on the part of the participants.

Studies at MDP Edmonton
Seeking Participants

The Movement Disorders Program in Edmonton is seeking individuals to take part in two studies

Please contact the Movement Disorders Program, at the Glenrose Rehabilitation Hospital. Ask for Ingrid or Pam at 780-735-8805.

"Recently my wife and I have noticed that I shuffle my feet when I walk. Are there any exercises that can help with my walking?"

Gait changes are characteristic of Parkinson disease and a shuffling gait pattern is the most common. It occurs because the speed and size of movements decrease as PD progresses. Early in the disease process, there is a solid heel strike, a high toe lift and a strong heel-off with every step. These three parts of the walking cycle get slower and smaller in amplitude resulting in a shuffling pattern. Shuffling is a cause for concern as it places a person at a much higher risk for tripping over the smallest of obstacles. Throw rugs and slight changes in pavement can result in a fall with serious injury. Fortunately there are some easy exercises that you can do in your home.

Stand in front of a counter using it for balance only. Rise up on your toes and hold the lift for 3 seconds. Lower down and try to lift your toes off the floor for 3 seconds. Repeat this 15 times. If this is too difficult for you, try it in while seated in a firm chair. Place strips of paper (or use masking tape) along a hallway at intervals of 40 to 50 cm. Walk the length of the hallway as you purposely step over the items. You will have to adjust the distance interval to match your normal step length. When you notice an improvement space the items further apart. When walking around, either inside or outside, think of pulling your toes up as you swing your leg forward. Then try to give a strong push off the ball of your foot as you step through.
ENOUGH’S ENOUGH

Parkinson Alberta Society Board Member, Trish Clark takes action against Parkinson Disease. Here is her inspiring story in her own words.

I wrote this a number of years ago but essentially nothing has changed!

“Gee you look good Trish!”

“You don’t look like you have Parkinson’s.”

“Nobody would know you have Parkinson’s.”

“Are you sure you have Parkinson’s?”

It was this last comment that made me decide — okay enough’s enough!

I have Parkinson’s! I know I have Parkinson’s, even if the rest of the world doesn’t. I am not sure how one tells if you have Parkinson’s or not but people seem to think I should have a sign around my neck!!

I am asked again and again, “How do you feel?” and “How do you manage to look so good? Answer? I work at it!!”

When I retired from teaching immediately there was an improvement in my symptoms. I love teaching, kids are my passion but the stress and the workload were telling on my health so I asked for and received a long-term disability. I miss the students! I miss my colleagues and my friends! BUT I know I feel better (and so everyone tells me, I look better).

Do I sit at home on the couch and watch the soaps? Definitely not!! I have always been active, teaching Physical Education and coaching, playing senior women’s basketball (one or two years too many!!) and running. I was not going to quit now. That is not quite correct. When I was first diagnosed with Parkinson’s I did stop running. I had been marking off approximately seven or eight kilometers a day and I stopped cold! I had Parkinson’s I couldn’t run anymore!! Wrong! Most definitely wrong!!

However, I found out that sitting at home was not for me — I had to keep active. So back to my first love, running. It was hard getting back into it. I now call it jogging; I am not up to the speed I used to manage. How much back into it am I? I run now every other morning, with my faithful running companion Hobbes! (our wire fox terrier) Sometimes we run five kilometers, sometimes only three, it depends on how I feel. If I am not awake by 6am Hobbes sits quietly by the side of the bed staring at me until my eyes open, hypnosis is one of his favorite methods. Then he races out of the bedroom and waits by my runners! The mornings we don’t run, we walk. If for some reason or other we don’t manage to start our day this way I feel like something is missing all day!

Fitness is a habit for anyone and especially for me. Sure, some mornings it is harder to put on my runners than it is to run. My feet cramp and my fingers don’t want to tie the laces, but the results are more than worth the extra few minutes and the extra few whines it takes to get ready. We hit the trails no matter

(continued on page 17)
REGISTRATION INFORMATION  (Registration closes May 18, 2012)

Name (First and Last)
Address
City Province Postal Code
Phone Number
Email Address

DELEGATE INFORMATION

Delegate 1              Delegate 2
☐ Person with PD ☐ Person with PD
☐ Newly Diagnosed   ☐ Newly Diagnosed
☐ Young Onset       ☐ Young Onset
☐ Caregiver         ☐ Caregiver
☐ Healthcare Professional ☐ Healthcare Professional
☐ Dietary Restrictions ☐ Dietary Restrictions

CHOOSE YOUR SESSIONS

Please indicate the numbers of your top two Session choices plus an alternate. Though every effort will be made to ensure your top choices, Breakout Sessions are filled on a first come, first serve basis. Please indicate THREE Session choices (by Session number - 1 thru 6): 1. Anxiety and Depression 2. Staying Healthy 3. Caring for Caregiver 4. Cognitive Changes 5. Movement Matters 6. PD & Intimacy

Delegate 1 Name
Session Number    Session Number    Alternate Number
Delegate 2 Name
Session Number    Session Number    Alternate Number

CONFERENCE PRICING

Full Registration
☐ $120/Single (Member) ☐ $150/Single (Non-member)
☐ $199/Couple (Member) ☐ $229/Couple (Non-member)

Friday, May 25 Only (Including Dinner)
☐ Friday, May 25 AGM (No Charge & Open to Everyone)
☐ $60/Single (Member) ☐ $85/Single (Non-member)

Saturday, May 26 Only (Including Continental Breakfast & Lunch)
☐ $75/Single (Member) ☐ $105/Single (Non-member)

PAYMENT METHODS  (or Register and Pay Online Starting March 12, 2012 at www.parkinsonalberta.ca)

☐ By Cheque (Mail-in or drop off only; payable to Parkinson Alberta Society)
☐ By MasterCard ☐ By Visa

Name as it appears on the card
Card Number (Please include the 3-digit security code on the back of the card)
Expiry Date

Mail, Fax or drop-off your Registration Form:  Parkinson Alberta Society – Edmonton Office
Tel: 1-800-561-1911 (Toll Free In Alberta)
Parkinson Alberta Society – Edmonton Office
#102, 11748 Kingsway Avenue
Edmonton, AB  T5G 0X5
Fax: 780-425-6425
Tel: 780-425-6400 (in Edmonton)
THE STATE OF THE FEDERATION (continued from page 5)

Model Committee have proposed an increase by 2014. Our Board is currently examining the impact of this proposed Financial Assessment Model on Parkinson Alberta Society.

Whatever happens, we still have more work to do. Over the past four years, we have lived hand to mouth as we focused our efforts on growing the reach of our Client Services. To build our capacity to support people with Parkinson disease and their families from the time of diagnosis through to living well with PD, has been a challenge.

While I am confident our diverse fundraising plan holds great promise and is helping us to work with many stakeholders and donors, I know challenges still remain. For example, do enough people know about PAS to donate to our organization? And, do we have enough people still in the work force affected by PD who can help us reach the decision makers in Corporate Alberta? Moreover, can we raise more interest in our cause to inspire support for our fundraising events like Parkinson SuperWalk, the Tulip Golf Tournament or Hope in Bloom?

If you would like further information about our finances, or would like to discuss the challenge of fundraising to support our growth plans, I would welcome your phone call, email or letter. I can be reached in Calgary at 403-243-9901, Toll Free from anywhere in Alberta at 1-800-561-1911 or send me an email at info@parkinsonalberta.ca. Our mailing address is available on the back cover if you prefer to send me a letter.

John Petryshen, CEO

ENOUGH’S ENOUGH (continued from page 15)

what the weather! My best present last Christmas was a running shirt, which is guaranteed to keep me warm when the temperature registers –20/25 degrees!! Know what? It works! Last summer I worked back up to a long run once a week of ten kilometers. I was very proud of myself. This spring I am going to run in the Kananaskis Fun Relay with friends from school!

I don’t do this without support and lots of encouragement. When I ran in SuperWalk I ran with three or four others talking me through it. I ran alone in the mornings, but only physically! My kids always check up on me. Shaun phones from Vancouver, usually when he is running, to see what I clocked that day! Jenn phones from Edmonton and always asks how my run was. Barry is still in bed when I get home but I know he looks at the clock to make sure I am in within his time limits!!! My doctor, charts my progress in my file!! I think my Parkinson’s to him is on a graph of my distances! It is a positive way for me to stay “normal”. To hold off any gains that Parkinson’s may be making. I honestly believe that by staying in shape I am staying level. One of these days I may have to stop. Stop running, but not stop doing something! I expect I will be out on the trails one way or another, eventually with a cane or even with a walker. I have no intention of letting this disease rule my life. By staying active and staying positive we, Barry, Jenn, Shaun, Colin and I are more able to cope with the day-to-day experiences we have living with Parkinson’s.

I may not beat it but I will sure give it a run for its money!!
PARKINSON ALBERTA SOCIETY’S
Education Days
across Alberta
CELEBRATING APRIL AWARENESS MONTH

Parkinson Alberta grows awareness about PD with start of new province-wide education initiative.

**Medicine Hat**

On April 24, Parkinson Alberta Medicine Hat office introduces its first Education Day in the region. Titled *Learning & Enrichment*, the event is open to people with Parkinson disease, family members and friends, health care professionals, caregivers, anyone with a chronic illness as well as the general public. Highlights include Opening Ceremonies with Mayor Norm Boucher, Dr. Jon Doan, Professor, University of Lethbridge PD Researcher who is presenting *A Vigorous Case for Exercise amongst PD Patients*, Kallie Lavoie, RSW and Maureen Newton, BA, who will speak about *The Art of Grief Art Therapy*, Bernice Sebastian, Founder of A New Advantage, who will deliver *Speaking from the Heart* and Randy Youngman, Region 2 Traffic Safety Consultant who will discuss topic of *Seniors Driving*.

**Lethbridge**

On April 26, Parkinson Alberta Society Lethbridge office is also launching its first full-day Education Day event. Speakers and topics are still unfolding but highlights will include a free *Health & Wellness Trade Show* with displays from neurologically related societies and businesses. Booths will be offering draws for door prizes.

**Red Deer**

On April 18, Parkinson Alberta Red office hosts its annual one-day education event that presents numerous speakers and topics of importance to people living with PD, their families and caregivers. Setting the standard for the rest of the regions as a result of many years offering this event, the agenda includes Parkland Nursery and *Everyone Can Garden: Therapeutic Benefits of Gardening*, Dr. Oksana Suchowersky, Professor of Medicine & Medical Genetics discussing the topic of *Medications & Parkinson Disease*, Dr. Jon Doan, Professor, Department of Kinesiology & Physical Education, University of Lethbridge, presenting a *Vigorous Case for Exercise amongst Parkinson Patients* and Neera Garga, Parkinson Alberta Society’s Consultant Physiotherapist, discussing the role of exercise. A series of displays adds to the informative value of the event. They include Care Clothing (Specialized custom clothing); Dazzling Whites (Dental Hygiene travelling services), Foot Reflexology, Activator Poles (Redwoods).

**Calgary & Edmonton**

Parkinson Alberta Calgary and Edmonton offices are offering events across many days including:

- Parkinson's 101 For the Newly Diagnosed (Calgary)
- Yoga for Parkinson’s (Calgary)
- Parkinson’s Medication Information (Calgary)
- Community presentations with a focus on Education and Exercise at Care Centres, and Long Term/Assisted Living Facilities (Edmonton)

Please stay tuned to Education Days at www.parkinsonalberta.ca for additional information.
## Support Groups at a Glance

<table>
<thead>
<tr>
<th>Community</th>
<th>Schedule</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BROOKS</strong></td>
<td></td>
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</tr>
<tr>
<td>Sunrise Gardens</td>
<td>3rd Wednesday of the month</td>
<td></td>
</tr>
<tr>
<td>Adult Day Room</td>
<td>April through October 1 pm – 3 pm</td>
<td>Beth Metcalf 403-526-5521 403-977-6770</td>
</tr>
<tr>
<td>1235 – Third Street W</td>
<td></td>
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<tr>
<td><strong>CALGARY</strong></td>
<td></td>
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</tr>
<tr>
<td>Hope Lutheran Church</td>
<td>1st Monday of the month 10 am – 11:30 am</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td>3527 Boulton Road NW</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hope Lutheran Church</td>
<td>1st Thursday of the month 10 am – 11:30 am</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td>3527 Boulton Road NW</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hope Lutheran Church</td>
<td>4th Monday of the month 7 pm – 8:30 pm</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td>3527 Boulton Road NW (YOUNG ONSET)</td>
<td></td>
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</tr>
<tr>
<td>McDougall United Church</td>
<td>2nd Monday of the month 10 am – 11:30 am</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td>8516 Athabasca Street SE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>McDougall United Church</td>
<td>4th Monday of the month 10 am – 11:30 am</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td>8516 Athabasca Street SE</td>
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</tr>
<tr>
<td>St. Anthony Catholic Church</td>
<td>3rd Monday of the month 10:30 am – 12 noon</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
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<tr>
<td>5340 – Fourth Street SW</td>
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<tr>
<td><strong>COCHRANE</strong></td>
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<tr>
<td>St. Andrew’s United Church</td>
<td>2nd Thursday of the month 10 am – 11:30 am</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td>128 – First Street E</td>
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<tr>
<td><strong>EDMONTON</strong></td>
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</tr>
<tr>
<td>Stanley Building</td>
<td>Every Wednesday of the month 1 pm – 2:30 pm</td>
<td>Judy Deverill 780-425-6400</td>
</tr>
<tr>
<td>102, 11748 Kingsway Avenue (SPEECH PRACTICE)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stanley Building</td>
<td>3rd Wednesday of the month 7 pm – 9 pm</td>
<td>Judy Deverill 780-425-6400</td>
</tr>
<tr>
<td>102, 11748 Kingsway Avenue (YOUNG ONSET)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>St. Joseph’s Hospital</td>
<td>3rd Thursday of the month 7 pm – 9 pm</td>
<td>Cathy Girard 780-425-6400</td>
</tr>
<tr>
<td>10701 – 29th Avenue</td>
<td></td>
<td></td>
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<tr>
<td><strong>GRANDE PRAIRIE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wildrose Manor</td>
<td>2nd Tuesday of the month 2 pm – 4 pm</td>
<td>Linda Sodergren – 780-568-4031 Judy Deverill – 780-425-6400</td>
</tr>
<tr>
<td>9358 – 70th Street</td>
<td></td>
<td></td>
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<tr>
<td><strong>LACOMBE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trinity Lutheran Church</td>
<td>4th Wednesday of the month 1:30 pm – 3:30 pm</td>
<td>Frances VanderWekken 403-782-3327 Marilynn Herron 403-346-4463</td>
</tr>
<tr>
<td>5227 C&amp;E Trail</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Note: April meeting replaced by Education Day event on April 18*
<table>
<thead>
<tr>
<th>Location</th>
<th>Organization and Address</th>
<th>Date and Time</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>LETHBRIDGE</td>
<td>Lethbridge Senior Citizens Organization (LSCO) 500 – 11th Street S</td>
<td>3rd Thursday of the month 2 pm – 3:30 pm</td>
<td>Brian Treadwell 403-317-7710</td>
</tr>
<tr>
<td>LLOYDMINSTER</td>
<td>Dr. Cooke Extended Care Centre 3915 – 56 Avenue</td>
<td>4th Wednesday of each month 7 pm – 9 pm</td>
<td>Debbie 780-846-2669</td>
</tr>
<tr>
<td>MEDICINE HAT</td>
<td>Kinplex Social Room 2055 – 21st Avenue S</td>
<td>4th Tuesday of the month 1 pm – 3 pm</td>
<td>Beth Metcalf 403-526-5521 or 403-977-6770</td>
</tr>
<tr>
<td>NANTON</td>
<td>St. Cecilia’s Catholic Church 2308 – 19th Street</td>
<td>4th Thursday of the month 10 am – 11:30 am</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td>OLDS</td>
<td>Sunrise Village 5600 Sunrise Crescent</td>
<td>2nd Wednesday of every month 1:30 pm – 3:30 pm</td>
<td>Norma DeLong – 403-556-6372 Marilyynne Herron 403-346-4463</td>
</tr>
<tr>
<td>RED DEER</td>
<td>Davenport Church of Christ 68 Donlevy Street</td>
<td>3rd Wednesday of the month 1:30 pm – 3:30 pm</td>
<td>Marilyynne Herron 403-346-4463</td>
</tr>
<tr>
<td>RAYMOND</td>
<td>Prairie Ridge Centre 328 Broadway South</td>
<td>3rd Wednesday of the month 2 pm – 3:30 pm</td>
<td>Brian Treadwell 403-317-7710</td>
</tr>
<tr>
<td>SHERWOOD PARK</td>
<td>Bethel Lutheran Church 298 Bethel Drive</td>
<td>2nd Tuesday of the month 1 pm – 3 pm</td>
<td>Judy Deverill 780-425-6400</td>
</tr>
<tr>
<td>SPRUCE GROVE</td>
<td>Family and Community Support Services (FCSS Office) Maple Room: 105 – 505 Queen Street</td>
<td>4th Thursday of the month 6:30 pm – 8:30 pm</td>
<td>Cathy Girard 780-425-6400</td>
</tr>
<tr>
<td>ST. ALBERT</td>
<td>Citadel Mews – Sunroom 15 Erin Ridge Road</td>
<td>1st Tuesday of the month 10 am – 12 noon</td>
<td>Judy Deverill 780-425-6400</td>
</tr>
<tr>
<td>Note: We are planning to start a second group in St. Albert and would like those folks interested in attending a support group closer to home to contact Judy Deverill, Client Services Coordinator at 780-425-6400</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>THREE HILLS</td>
<td>Community Drop-In Centre 160 – Third Avenue S</td>
<td>Meetings are every second month 2 pm – 4 pm</td>
<td>Jean Barr 403-443-2232 Marilyynne Herron 403-346-4463</td>
</tr>
<tr>
<td>WESTLOCK</td>
<td>Rm 140, Provincial Building 2, 10003 – 100th Street</td>
<td>Last Monday of the month 1:30 pm – 3:30 pm</td>
<td>Cathy Girard 780-425-6400</td>
</tr>
</tbody>
</table>
Parkinson Alberta Society
Membership Form

If you or someone you know is interested in becoming a member of PAS, please complete and mail this form to the Calgary Head Office. Membership runs from January 1 to December 31.

<table>
<thead>
<tr>
<th>Member Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
</tr>
<tr>
<td>Phone Number</td>
</tr>
<tr>
<td>Street Address</td>
</tr>
<tr>
<td>City/Town</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Applicant Information (if different from Member Information)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
</tr>
<tr>
<td>Phone Number</td>
</tr>
<tr>
<td>Street Address</td>
</tr>
<tr>
<td>City/Town</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Payment Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Membership Fee: $25</td>
</tr>
<tr>
<td>□ Cash</td>
</tr>
</tbody>
</table>

Name on Credit Card
Credit Card Number | Credit Card Expiration Date

<table>
<thead>
<tr>
<th>Receipt Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Same as Member Information</td>
</tr>
<tr>
<td>□ Other Receipt Information <em>(Please complete information below)</em></td>
</tr>
</tbody>
</table>

Name
Phone Number | E-Mail Address
Street Address
City/Town | Province | Postal Code

<table>
<thead>
<tr>
<th>General Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ I am a Person Living with PD</td>
</tr>
<tr>
<td>□ My Spouse/Partner has PD</td>
</tr>
<tr>
<td>□ Yes, I would like to receive an e-Parkinson Pulse</td>
</tr>
<tr>
<td>□ Yes, I would like to learn more about volunteering opportunities at PAS</td>
</tr>
</tbody>
</table>
If You Can Walk, You Can DANCE
Submitted by Charlene Heavener, Dance Instructor for Dance for Parkinson’s and Nurse at the Movement Disorders Clinic in Edmonton.

“Great” “Relaxed” “Awkward” were a few of the replies when participants were asked for one word to describe how they were feeling. Saturday March 10 marked the beginning of the spring session of Dance for Parkinsons.

Moving to music; whether its soft butterfly hands, or wide open arms, tapping toes or stomping of feet, music helps a person with Parkinson disease move a little easier.

The Dance for Parkinson’s class in Edmonton is modelled after the Dance for PD* which originated in Brooklyn, New York. Participants are reminded of the importance of good posture throughout the class. Breathe deeply, stand tall, take large steps, smile, have fun are encouraging words often heard during the various dance sequences. The class starts with a warm up in a seated position. Stretching is very important. Dance terminology is introduced throughout the class. Follow the leader dance steps are introduced. On average a dancer must do a sequence six times to vaguely recall it, some dancers practise a sequence of steps for years!!

Dance stimulates the connection between mind and body. Dance allows your body to move to a rhythm. Dance encourages flexibility. Dance may help increase your strength and endurance. Most important reason to dance, it will make you smile because you’re having FUN!

So, if you can walk, you can DANCE!

Save Your
Pennies for Parkinson’s

Before the Government of Canada discounts the Canadian penny, make it count for Parkinson Alberta Society. Please roll them up and drop them off at the PAS Office closest to you.

Thank You
You don’t need to live alone with PD. We can help.

We can listen and Help you determine your next steps. We can also provide Information about available resources in your community, Access to resources at Parkinson Alberta Society, a Connection to resources at your Movement Disorders Program for medical needs and a Bridge to experts in PD for you and your family physician, nurse, or health care provider.

All you have to do is start the conversation.

PD HELPLINE
Call 1-877-243-9992
Free from anywhere in Alberta

Notice to all Parkinson Alberta Society Members

THE ANNUAL GENERAL MEETING
convenes at the Hope Conference
May 25, 2012
Delta Edmonton South Hotel & Conference Centre
4404 Gateway Boulevard
Edmonton, AB T6H5C2

1:00 — 2:00 AGM Registration  2:00 — 3:30 AGM Meeting

Memberships ($25) will be available for purchase at the door.
Purchase a Membership in advance and reduce your Hope Conference costs!

To register please call 1-800-561-1911 (Toll Free in Alberta)