PD Helpline Connects Alberta to PD Help

Preventing Falls
Movement Matters
Preceptorship Pilot Shows Promise
SuperWalk Funding Returns to Alberta

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Parkinson Pulse

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 readers 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 TIME FOR REFLECTION

As we once again look forward to a new year, and say farewell to an old one, it is an important opportunity in all of our lives to take a moment for reflection. After having been at Parkinson Alberta Society now for just over four years and watched it grow in ways that I could not have imagined on day ‘one’, I am reminded of how important the people in this organization have been to its success and to me personally. All of you have become friends. At the end of the day, month, and year, to me, it is our people that really matter.

It is for that reason, as I look back on 2011, that I am not only more and more grateful, as every year passes, for the kindness, caring, and support, that we receive on a daily basis from each and every one of you, but am particularly struck by the losses many of you faced this past year. It appears that leaving 2011 had a different meaning than just looking forward to things to come, for too many of our members who had to say goodbye to someone in their family.

I think one of the most difficult topics to discuss — even though it’s the one thing in everyone’s life that is inevitable — is death or dying. We all tend to think about it in terms of the sayings that fill our lives on a regular basis. Common phrases such as “they died too early,” “it was accidental,” and “they passed away due to an illness or disease,” have become part of the lexicon of our daily language.

It isn’t until we have a black hole punched in the middle of our lives, created by the loss of a loved one, that we truly understand the depth of the feelings. It really doesn’t matter what takes people away from their family and friends — there will always be an empty feeling when they are gone.

And this year, as in others, some of our very close friends have passed on. Too many members of our families had a different Christmas and New Year.

So as we wrap up the old year and everyone else looks forward to better things to come, I wanted to take a moment, on behalf of Parkinson Alberta, to recognize that it will be a very different year for our families and friends who have lost a partner, mother, father, brother, sister, or close friend, and to thank you. Even during these difficult times you have remembered us through memorials.

We want you to know that our thoughts and prayers are with all of you. To all the families who have lost loved ones, to the people I am so grateful to have met, and to those I didn't get a chance to meet, I would like to say that they are in our thoughts and we are better off because of their contribution and participation having touched our lives. It is our wish that over the course of this new year, you will be able to find comfort in the memories of your loved one.

John Petryshen, CEO
PD HELPLINE CONNECTS ALBERTA TO PD HELP

Parkinson Alberta Society is now offering specialized PD help to people living with PD, patients of Alberta’s Movement Disorders Clinics, and Alberta Health Care Professionals across the Province.

Province–Wide PD Help
Following an initial test run to develop our informational services, build relationships with Alberta’s primary PD clinics, and most recently, coordinate a network of PD medical experts to support Alberta’s health professionals, we are now taking our PD Helpline province–wide. On–going efforts to help people across Alberta learn about the services available through the PD Helpline, and encourage them to use it, are in the works.

We’re Here to Help
At its heart, the PD Helpline is designed specifically to be one of the main sources of information for people with Parkinson disease in Alberta, their caregivers, and family members. It’s a free, easy, and confidential connection to the specialized help needed to manage Parkinson disease and live with PD in a better way.

Working together with telephone callers, our PD Helpline Specialists offer a quick and personal response service to improve access to medical information and supports for everyday living. Some examples of frequently asked questions include:

- What is Parkinson disease?
- How is Parkinson disease treated?
- What is available in my community to help me cope with Parkinson disease and Parkinson Plus?
- Who do I contact for homecare?
- Is there financial support for buying medical equipment and supplies?
- What do I do when there is a new or recurring change in my symptoms?
- I’m having medication side effects. Should I be worried?
- How long will it take to get a response?

In support of this service, Helpline Specialists also act as a connection to Alberta’s primary PD clinics — the Movement Disorders Clinics in Calgary and Edmonton. They can quickly connect clinic patients to their respective clinics for Parkinson–specific medical assistance.
We’re Here When You Need Us
A new addition to the PD Helpline is rounding out our service — the Helpline can now act as a PD resource for Alberta’s health care professionals when questions arise. As a result of the work of Dr. Oksana Suchowersky, Professor of Neurology and Medical Genetics at the Faculty of Medicine, University of Alberta, to co-ordinate a network of PD medical experts, our Helpline Specialists are able to assist health care professionals from across the Province liaise with experts in the field of Parkinson disease. Areas of expertise include neurology, physiotherapy, social work, nursing, pharmacy, and surgery.

Watch for New PD Helpline Information Coming Out
New posters to catch attention, new brochures to inform, new helpful handy calling cards to act as reminders, new ads to spark interest, both for people living with Parkinson disease, and medical professionals, and new resource materials available online and by telephone order to engage participants, are in production. With the distribution of a provincial news release to kick off our on-going efforts at the beginning of February, Parkinson Alberta is pleased to connect Alberta to the information, support, and expertise needed to help over 8,000 Albertan’s live with PD in a better way.

The PD Helpline is supported by funding from Alberta Health and Wellness and TEVA Canada Innovation. If you would like to support this service, please call Parkinson Alberta Society at 1-800-561-1911 (Toll Free in Alberta).
PRECEPTORSHIP PILOT SHOWS PROMISE

An innovative program partnership between Parkinson Alberta Society (PAS) and Medicine Hat College proves to be a win–win for PAS clients and graduating nursing students.

by Beth Metcalf

In a joint venture titled the Preceptorship Pilot, nursing students in their third year of a program at Medicine Hat College were presented with an opportunity in three 10 to 13 week programs to observe the ‘lived experience’ of people with Parkinson disease, identify their health needs, and at the same time, increase their socialization. They made 60 to 90 minute friendly therapeutic home visits weekly to PAS clients living with PD and their caregivers.

The students were divided into two groups. Half of the students were part of the Caregiver Focus Group and half were part of the PD Client Focus Group. To connect the students to both the clients and caregivers, and build the trusting relationship needed to allow for discovery, sharing, and learning, by both parties, the program participants engaged in numerous activities. These included baking, taking a walk, enjoying a hot tub, playing cards, participating in a variety of games, going to the local coffee shop, looking through photo albums, and talking. The activities and topics of each visit were allowed to evolve naturally on an ‘as needed’ basis for both the PAS volunteers and students.

The PD Client Focus Group
The nursing students assigned to the PD Client Focus Group worked with PAS clients with Parkinson disease. They experienced the challenges of a variety of home environments, incomes, and levels of community support such as home care. The experience taught them that in addition to common issues such as increased socialization and the need for more knowledge about Parkinson disease and medications, each situation demonstrated unique needs and the importance of individualized holistic nursing care.

The Caregiver Focus Group
In the Caregiver Focus Group the nursing students worked with the caregivers who took care of both their loved ones and themselves at the same time. They were
A Win for Nursing Students
The nursing students learned the beginning skills of the difficult process of providing home-based nursing and gained a greater understanding of the complexities of a chronic illness such as Parkinson disease, the caregiver’s role, and the numerous daily challenges that present to both populations. They were able to provide holistic nursing care within homes, work with, and understand a variety of determinants of health, use a population approach to identify health needs, and plan, implement and evaluate a variety of community-based population-level nursing interventions. They enhanced their communication skills and learned more about their community and community connections. How to refer someone to a community agency already living in the community, how to advocate for someone living in the community versus in acute care, the importance of how our health care system is connected to the community, the complexities related to medication management, and the importance of having support systems in place for individuals, were lessons learned. A variety of activities in media awareness, advocacy, fundraising, brochure production, event planning, presenting, and managing education booths, provided opportunities to learn how to intervene and provide support on behalf of clients and caregivers.

A Win for PAS Clients and Caregivers
Since the inception of this program in September 2010, 33 program participants have provided us with insightful anecdotal evidence of how this program helped our clients and their caregivers. They reported it as supporting, empowering, encouraging, listening, and ‘taking them seriously’. Just having someone listen to their concerns was extremely important and valuable. And they described a sense of relief that there will now be 19 more health care professionals advocating for them. Clients reported feeling a new sense of being connected to our health care system. I was often told that the weekly nursing student visits ‘are the highlight of our week’, ‘I enjoy it so much’, and that ‘these home visits should be mandatory’.

Looking back over the program, I realize that I experienced everyone smiling more, expressing a sense of more support, and being more motivated to seek out new community supports. I experienced people with PD getting out of their house more (due to the activities), talking more, interacting more, and gradually participating in the visits more. I experienced caregivers being relieved of ‘crisis point’ issues, and expressing their ‘thanks for listening’. Most importantly, I experienced all participants expressing ‘thanks’ for this program.

If you are interested in supporting a Preceptorship Program for Alberta please call 1-800-561-1911.

Help for Today... Hope for Tomorrow
Edmonton
May 25 & 26, 2012
A major goal of our research is to develop a method to preserve and prolong patient functional mobility and the ability to exercise, thereby delaying and preventing a characteristic vicious cycle of Parkinson disease from occurring.

As we know, this disease is a chronic and progressive brain disorder that can worsen with age, resulting in functional disability, frequent falls, and injuries.

This process of the disease worsening is often first noticed as difficulties in mobility. Symptoms include shuffling with smaller and irregular steps, lack of confidence or fear of falling during walking, and slowness in getting out of a chair or rising from a bed.

These difficulties, which respond poorly to medications, can lead to a vicious cycle. Shuffling steps and freezing during walking can cause imbalance and diminished distance between the foot and the ground, which may result in tripping and falling. This may in turn make a patient more afraid of walking and taking part in exercise.

Once entering into this vicious cycle, additional health problems may follow such as muscular atrophy, reduced cardiovascular function and bone loss, all increasing the risk of future falls.

The new Music Walking Program has some major advancements since we started our music research and therapy program in Calgary. First, our research indicates that the brain circuitry to control walking and balance can be modified or rebuilt if a motor action is repetitively performed during motivational and reward learning. Second, music can provide the powerful memory cues to make learning and retrieval of newly learned motor tasks more effective and long lasting.

Using the sensing technology of the iPod Touch, we have created a device called the Gait Reminder. It computes leg movement signals during walking and uses these signals to trigger music to positively motivate and reward proper steps.

A Gait Reminder is strapped to the patient’s knee and he or she listens to the music through wireless headphones. As the patient walks, the music plays specially selected music to indicate when their steps are large enough. If their steps begin getting too small, the music turns off to remind the patient to take bigger steps. As well, we have found that patients using the Gait Reminder are able to increase and maintain their step size if they are constantly reminded to do so. Music, in this context, serves as that reminder.

The benefits of music do not stop there however. It is more likely a patient will enjoy walking when the music is on, and the music provides incentive and motivation both to walk properly and to continue walking.

Patients taking part in the study have been recruited through PAS Support Groups, the PAS Music Program, and Parkinson SuperWalk. They undergo a
A Participant Perspective

by Sharon Strachan

For the past several years we have heard fascinating reports of advancements in medical rehabilitation using music combined with exercise in the treatment of Parkinson disease and other neurological conditions. Music is becoming a very powerful tool and combined with exercise it promises hope to those of us living with the condition.

Dr. Bin Hu was known to me as a forerunner in research in this area and when he asked me if I would like to participate in a research project involving music and walking I immediately said yes. Why? Because I knew that Dr Hu’s research may hold a key to slowing the advancement of the disease. If there was anyway I could help in research that would benefit myself and others living with Parkinson disease, I wanted to be involved.

The Benefits of My Participation

Increase in Awareness
I became involved in this project two to three months ago and I have noticed an improvement in my general walking ability as a result of being more aware of changes in my gait. For example, I am able to take shorter strides and make adjustments to avoid shuffling. It has definitely built my confidence in walking.

No Admission Fee
The cost is low for me... it is basically only “my time”.

No Side Effects
There are no side effects from medication.

Daily Exercise
I started with 15 minutes a day and have increased it to 30 minutes. It has created a daily routine of exercise. I have found that I enjoy the walking sessions, and if I skip a day I really miss the routine.

At this point in the study I have not found any negatives. I feel that as many people as possible should be involved in this program. This challenge allows those of us with PD to work towards a common goal — hopefully, one day we can “ease the burden and find a cure”.

The new Music Walking Program is an ongoing study which is funded by Canadian Institute of Health Research, U of C’s Hotchkiss Brain Institute, Department of Clinical Neurosciences, and Parkinson Alberta Society. However, there is only a limited budget for the program. To find out more about this research, arrange a demonstration, or learn how to support it, please call Parkinson Alberta Society at 1-800-561-1911 (Toll Free in Alberta). We will be pleased to assist you and/or connect you with Dr. Bin Hu.
Dr. McCracken, a post-doctoral fellow, received this award during a ceremony in Calgary on November 13 titled *A Celebration of Excellence*. The event recognized him along with the many donors who support innovative Parkinson disease research in Canada.

The celebration was enjoyed by friends and supporters of Parkinson Alberta Society and attended by special guests including Ivy Lim-Carter, Director, National Research and Clinical Programs, Parkinson Society Canada, Marjie Zacks, National Director, Communications and Marketing, Parkinson Society Canada, Doug Darling and Bruce Strachan, Parkinson Alberta Society Board of Directors, Dan Cooney, Parkinson Society Canada Board of Director, and Dr. Clinton McCracken, the grant recipient.

Following a light lunch and opening remarks from John Petryshen, CEO, Parkinson Alberta Society, Bruce Strachan, acknowledged the tremendous success of the 2011 *Parkinson SuperWalks* across Alberta and the enthusiasm and passion shown to make this event successful by Alberta’s many volunteers. It was noted that
together they raised over $308,000 to help fund the search for a cure through the National Research Program. The top 2011 SuperWalkers in Alberta were recognized:

- **Calgary**: Laurine Fillo $14,836
- **Edmonton**: Ali Grzela $6,825
- **Red Deer**: Grant Kozak $4,050
- **Cochrane**: Bob Head $2,770
- **Med Hat**: Bill Thompson $2,676
- **Lethbridge**: Lena Van Pelt $2,585
- **Grande Prairie**: Marg Abbott–Brown $2,110

Dan Cooney spoke, noting that the National Research Program has been in operation since 1981 and has awarded over 385 grants totalling $19.5 million dollars.

"We have a longstanding tradition of support for Canadian Research and our Canadian researchers are well respected the world over," stated Cooney. "It is well known that Canada is home to some of the world’s finest Parkinson researchers. We are making a difference and we are being recognized on the world stage as major contributors to the advancement of the collective, global understanding of Parkinson disease. Canadian researchers can be proud of their accomplishments. We are proud of their accomplishments and we are happy to support their scientific quest."

This year alone, the National Research Program is supporting 40 projects across Canada — 28 are new projects and 12 are continuing in their second year.

Representing a commitment of $1.8 million towards Parkinson research this year, Parkinson Society Canada funds with your support:

- 12 Pilot Project Grants
- 3 New Investigator Grants
- 2 Basic Research Fellowships
- 1 Clinical Movement Disorders Fellowship
- 1 Clinical Research Fellowship
- 7 Graduate Student Awards
- 2 Psychosocial Doctoral Awards

Highlighting the event, in a symbolic ceremony, Dr. McCracken was presented with a cake decorated with a delicious edible cheque guarded by sweet 'Lab Rats' and received an honourary Parkinson Research Lab Coat.

To honour her efforts in the search for a cure, Laurine Fillo, who raised almost $15,000 for research as Alberta’s top Parkinson SuperWalker in 2011, also received a Parkinson Research Lab Coat.

To learn more about supporting a Parkinson SuperWalk in your area, please call 1-800-561-1911 (Toll Free In Alberta).
SINGING GROUPS NOW REGISTERING

Parkinson Alberta Singing Groups are commencing their next sessions after a short break. In Edmonton, the group is starting up on Friday, February 3 from 10:00 to 12:00 PM. Calgary’s first session is planned to begin on Wednesday, February 22 from 10:00 to 11:30 AM. Easy access and free parking is available. Please call Judy Deverill in Edmonton 780-425-6400 or Harle Burnett 403-243-9901 in Calgary to obtain more information and/or register.

ASK THE EXPERTS Online

Watch for a new feature titled Ask the Experts making its debut on the Parkinson Alberta Society website on March 1.

Coordinated by Dr. Oksana Suchowersky, MD, FRCP, FRCCMG, Professor of Medicine & Medical Genetics, Toupin Chair in Neurology, University of Alberta Hospital, a team of Alberta Health professionals is currently being assembled to respond online to your medical questions about Parkinson disease. It is planned to have experts in neurology, physiotherapy, social work, nursing, pharmacy, and surgery available to provide answers and help you manage your PD. While this service is not intended to be diagnostic, prescriptive, or replace the care of your physician, general questions about available medications, treatment plans, and health care options, will be able to be fielded.

The process will be easy, quick and convenient. You will simply fill out your question in a form on the website and submit it to the team of experts. Anyone can submit a question. There will be no need to set up an online account or publish your name. As many questions as ‘time permits’ will be answered and both questions and answers will be posted back on the website within a two week window. For our non–website users, key questions will be selected by the medical team and published as a regular feature in upcoming issues of Parkinson Pulse. “We are very excited about the possibilities presented by this new feature,” says John Petryshen, CEO of Parkinson Alberta. “It not only gives us the opportunity to help people through the daily challenges of living with Parkinson disease, but also allows us to build a valuable repository of information that can provide answers for years to come.”
A GIFT OF KINDNESS

Medicine Hat’s Preceptorship Program nursing students recently raised $646 and the sponsorship needed to purchase and donate a Wii and 40” flat screen television to the local PAS Support Group. The presentation was made in a ceremony that surprised and delighted all. Thanks to the efforts of these caring and committed students, the Medicine Hat Support Group can now look forward to new social and recreational opportunities.

“IT IS LIFE CHANGING!”

Parkinson Alberta Society was thrilled to have the opportunity to offer the first Compass Program in both Edmonton and Calgary in Fall 2011. Facilitators, Judy Deverill and Harle Burnett, agree that it was a great experience for both themselves and the participants — a journey that can change lives. As they led the groups through nine weeks of personal discovery, they were witness to an amazing “shift” of focus — it moved gently away from the loved one being cared for to the Caregiver themselves. Friendships were formed, support systems were created, and Caregivers found themselves again, while they covered topics such as the Emotional Journey, Putting Yourself First, Strengths and Limitations, and Caregiver Burnout.

The Success Story Continues

Based on feedback such as “Why aren’t more people taking this course?” the Compass Program is now being offered again and is taking bookings. Please call your respective office to find out more information and/or to reserve your spot.

Cost:
$40.00 (includes participant workbook)

Edmonton and area:
Judy Deverill: 780-425-6400

Calgary and area:
Harle Burnett: 403-243-9901

EDMONTON OFFICE ON THE MOVE

As of February 1, 2012
PAS Edmonton has moved to
102, 11748 Kingsway Avenue
Edmonton, AB T5G 0X5
780-425-6400

Come See Us at Our New Office
We are excited and hope you will join us

When: Wednesday, February 22
2:00 – 4:00 pm

RSVP by February 17th

WE HAVE MOVED!

COMPASS FOR THE CAREGIVER
NEXT PROGRAM NOW BOOKING

THE SUCCESS STORY CONTINUES
Falls can be a common problem that happens as Parkinson disease progresses. There can be many causes for falls, however 2 of the common ones are low blood pressure (orthostatic hypotension) and balance problems. Falls may result in many bumps and bruises, black eyes, or even broken bones. It is important to do what you can to minimize falls. It is also very important that you report falls to your health care team. They may be able to suggest changes that may assist you, refer you to additional resources and your doctor may find that adjusting medications may cause a reduction in falls.

Unstable balance can dramatically increase the risk of falls, especially when combined with other Parkinson disease symptoms such as:

- **Bradykinesia** (slowed ability to move) can increase the likelihood of falls due to a delay in reaction time.
- **Stooped posture** can often occur as Parkinson disease advances. This can cause your centre of gravity to shift forward.
- A **shuffled walk** can increase your likelihood to fall as you are not able to pick up your feet. This causes your feet/footwear to catch on the floor or other objects, and may make you more likely to trip.
- A **freezing gait** can increase falls as your feet become ‘stuck to the floor’ but your body keeps moving. This causes your centre of gravity to shift and you may fall forwards.
- **Moving backwards** (example: opening doors that pull toward you, backing up to a chair, or stepping back from a counter or fridge) can increase falls. Parkinson disease can affect your ability to correct your balance quickly. When you move backwards you no longer have visual input to help you balance.
- **Festination** is a Parkinson disease symptom that causes your steps to progressively become shorter and shorter until you eventually trip over your feet.
- **Dyskinesias** (extra squirming movements) can cause you to lose control of your legs and they may fly out from under you.

**Prevention Tips and Techniques**

Here are some tips that we hope are helpful in keeping you safe.

- Movement needs to become a conscious thought. As you become aware of your body, how you turn, where your feet are in relation to the rest of your body, you will find you are able to be more careful and precise with your movements.
- Do not make quick movements as this can cause you to become off balance more easily.
- When walking try to plant your feet on the floor with heel striking down first. This may feel like you are heavy footed, or marching.
- Make a ‘U’ turn with slow roundabout steps instead of a quick pivot.
- If you must reach forward, it helps to widen your stance (place one foot slightly in front of the other, or place your feet shoulder width apart), stand directly in front what you are reaching for, and place one hand on a counter or stable object while reaching with other hand.
- If you have a shuffled step or become frozen, stop trying to move completely, take a deep, relaxing breath and try again.
- If you become frozen it can help to say “left–right–left–right” as you walk. Many people have found that trying to step over a real or imaginary line can help them start moving again. Marching, humming or singing a song may help when you are frozen.
- It helps to reduce the amount you carry while walking. Studies have shown that carrying objects can alter your balance and reduce your ability to ‘catch yourself’ if you feel like you may fall. Some people find that carrying a fanny pack around their waist allows them to carry needed items easily within reach.
- The more you move and exercise the better your mobility is. Many people find that taking daily walks, exercising on a stationary bike, doing daily stretching and strengthening exercises helps maintain and improve mobility. A good exercise program is Sit and Be Fit which is on weekdays at noon (check local listings for time and channel).
- Keep your floors free of clutter, reduce the use of loose rugs, use minimal furniture, and keep your rooms and hallways well lit.
- It can be helpful to use a long handled mechanical tool to pick things up that are beyond your reach—these can be purchased at a home health supply store.
- Carrying a cordless phone with you can reduce the need to rush to the phone, or can help when you feel slow or have frozen.
- Discuss with your healthcare team a referral to a physiotherapist or occupational therapist to do a home safety assessment.
Research indicates that shoulder pain and/or a frozen shoulder are positively linked with Parkinson disease. The hypothesis is that the progressive loss of movement on one side of the body causes a decrease in arm swing and a generalized decreased use of one arm. As a result the shoulder joint stiffens causing muscles, tendons and the shoulder capsule to resist movement and become painful. The relationship between PD and shoulder pain appears strong enough that studies suggest considering PD as the cause of shoulder pain when no other common signs of PD are present, and no trauma has occurred.

Shoulder pain left untreated will continue to worsen and can lead to neck and upper back pain. Fortunately, shoulder pain and frozen shoulder respond very well to therapeutic treatment. A physiotherapist can help improve your pain and arm function with a combination of manual therapy and stretching and strengthening exercises. In addition, make your family doctor and neurologist aware of your symptoms.

Follow this link to the original study linking PD and shoulder pain. http://jnnp.bmj.com/content/52/1/63.full.pdf

“I am experiencing worsening shoulder pain whenever I raise my arm to the side or overhead. This is on the same side as my tremors. Could the pain be related to Parkinson disease?”
We are honored that Calgary Cooperators has chosen Parkinson Alberta Society as their Charity of Choice for their 2012 company golf tournament! Participating in this third-party golf tournament to raise funds for people living with Parkinson disease in Alberta will be very exciting.

And thanks to a persuasive presentation from Rebecca, David and Erin at the Calgary Academy’s ninth grade class, Parkinson Alberta Society will be the Charity of Choice for 2012! We look forward to assisting these students in their fundraising and awareness campaigns in 2012.

We are seeking individuals to take part in two studies:

**THE CONFIDENT-PD STUDY**
We are looking for individuals who have been diagnosed with Parkinson Disease in the past 2 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.

**THE SYN 115 STUDY**
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 4 doses of a levodopa containing preparation each day. Medication dosing must have been stable for the past 4 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.

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

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<thead>
<tr>
<th>Community</th>
<th>Schedule</th>
<th>Contact</th>
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<tbody>
<tr>
<td><strong>BROOKS</strong></td>
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<tr>
<td>Sunrise Gardens Adult Day Room 1235 - 3rd Street W</td>
<td>Meets the 3rd Wednesday of April, May, June, July, August, September &amp; October 1:00PM – 3:00 PM</td>
<td>Beth Metcalf 403-526-5521 403-977-6770</td>
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<tr>
<td><strong>CALGARY</strong></td>
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<tr>
<td>Hope Lutheran Church 3527 Boulton Rd NW</td>
<td>1st Monday of the month 10:00AM – 11:30AM</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td>Hope Lutheran Church 3527 Boulton Rd NW</td>
<td>1st Thursday of the month 10:00AM – 11:30AM</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td>Hope Lutheran Church 3527 Boulton Rd NW (YOUNG ONSET)</td>
<td>4th Monday of the month 7:00PM – 8:30PM</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td>McDougall United Church 8516 Athabasca Street SE</td>
<td>2nd Monday of the month 10:00AM – 11:30AM</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
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<tr>
<td>McDougall United Church 8516 Athabasca Street SE</td>
<td>4th Monday of the month 10:00AM – 11:30AM</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td>St. Anthony Catholic Church 5340 – 4th Street SW</td>
<td>3rd Monday of the month 10:30AM – 12:00PM</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td><strong>COCHRANE</strong></td>
<td></td>
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</tr>
<tr>
<td>St. Andrew’s United Church 128 – 1st Street E</td>
<td>2nd Thursday of the month 10:00AM – 11:30PM</td>
<td>Harle Burnett or Tanya Good 403-243-9901</td>
</tr>
<tr>
<td><strong>EDMONTON</strong></td>
<td></td>
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</tr>
<tr>
<td>Stanley Building 102, 11748 Kingsway Ave (SPEECH PRACTICE)</td>
<td>Every Wednesday of the month 1:00PM – 2:30PM</td>
<td>Judy Deverill 780-425-6400</td>
</tr>
<tr>
<td>Stanley Building 102, 11748 Kingsway Ave (YOUNG ONSET)</td>
<td>3rd Wednesday of the month 7:00PM – 9:00PM</td>
<td>Judy Deverill 780-425-6400</td>
</tr>
<tr>
<td>St. Joseph’s Hospital 10701 – 29th Avenue</td>
<td>3rd Thursday of the month 7:00PM – 9:00PM</td>
<td>Judy Deverill 780-425-6400</td>
</tr>
<tr>
<td><strong>GRANDE PRAIRIE</strong></td>
<td></td>
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</tr>
<tr>
<td>Wildrose Manor 9358 – 70th Street</td>
<td>2nd Tuesday of the month 2:00PM – 4:00PM</td>
<td>Linda Sodergren – 780-568-4031 Judy Deverill – 780-425-6400</td>
</tr>
<tr>
<td>Location</td>
<td>Location Details</td>
<td>Meeting Times</td>
</tr>
<tr>
<td>---------------</td>
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</tr>
<tr>
<td>LACOMBE</td>
<td>Trinity Lutheran Church 5227 C&amp;E Trail</td>
<td>4th Wednesday of the month 1:30PM – 3:30PM Note: April meeting replaced by Education Day event on April 18</td>
</tr>
<tr>
<td>LETHBRIDGE</td>
<td>Lethbridge Seniors Centre 500 – 11th Street S</td>
<td>3rd Thursday of the month 2:00PM – 4:00PM</td>
</tr>
<tr>
<td>LLOYDMINISTER</td>
<td>Dr. Cooke Extended Care Centre 3915-56 Avenue</td>
<td>4th Wednesday of each month 7:00PM – 9:00 PM</td>
</tr>
<tr>
<td>MEDICINE HAT</td>
<td>Kinplex Social Room 2055 – 21st Avenue S</td>
<td>4th Tuesday of the month 1:00PM – 3:00PM</td>
</tr>
<tr>
<td>NANTON</td>
<td>St. Cecillia's Catholic Church 2308 – 19th Street</td>
<td>4th Thursday of the month 10:00AM – 11:30AM</td>
</tr>
<tr>
<td>OLDS</td>
<td>Sunrise Village 5600 Sunrise Crescent</td>
<td>2nd Wed. of every month 1:30 PM – 3:30PM</td>
</tr>
<tr>
<td>RED DEER</td>
<td>Davenport Church of Christ 68 Donlevy Street</td>
<td>3rd Wednesday of the month 1:30PM – 3:30PM Note: April meeting replaced by Education Day event on April 18</td>
</tr>
<tr>
<td>SHERWOOD PARK</td>
<td>Bethel Lutheran Church 298 Bethel Drive</td>
<td>2nd Tuesday of the month 1:00PM – 3:00PM</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 6:30PM – 8:30PM</td>
</tr>
<tr>
<td>ST. ALBERT</td>
<td>Citadel Mews - Sunroom 15 Erin Ridge Rd</td>
<td>1st Tuesday of the month 10:00AM – 12:00PM</td>
</tr>
<tr>
<td></td>
<td><strong>Note:</strong> 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 Devrill, Client Services Coordinator at 780-425-6400</td>
<td></td>
</tr>
<tr>
<td>THREE HILLS</td>
<td>Community Drop-In Centre 160 – 3rd Avenue S</td>
<td>Meetings are every second month Please phone for dates Next meeting Tuesday, January 31 2:00PM – 4:00PM</td>
</tr>
<tr>
<td>WESTLOCK</td>
<td>Rm 140, Provincial Building #2, 10003 – 100th Street</td>
<td>Last Monday of the month 1:30PM – 3:30PM</td>
</tr>
</tbody>
</table>
Calculating Your Charitable Tax Credit

To calculate your charitable tax credit, you first need to determine the eligible amount of your charitable donations. This can be determined by adding up your official charitable tax receipts. Be sure to include the following amounts when you calculate your credit:

- donations made by December 31 of the applicable tax year;
- unclaimed donations made in the previous five years; and,
- any unclaimed donations made by your spouse or common law partner in the year or in the previous five years.

You can claim eligible amounts of gifts to a limit of 75% of your net income. For gifts of certified cultural property or ecologically sensitive land, you may be able to claim up to 100% of your net income (see line 232 of your tax return form).

Once you have determined the amount, use the charitable donation tax credit rates table to calculate your charitable tax credit. In Alberta the 2011 rate for eligible amounts up to $200 is 10%; for eligible amounts over $200 the rate is 21%. There are two charitable tax credit rates for both the federal government and the provinces and territories. Any eligible amount you give above $200 qualifies you for a higher rate. The following example shows how to use the rate table.

Danielle lives in the province of Alberta and donated $400 in 2011 to registered charities:

1. The federal charitable tax credit rate is 15% on the first $200 and 29% on the remaining $200. Her federal tax credit is therefore (15% × $200) + (29% × $200) = $88.

2. The provincial charitable tax credit rates for Alberta for 2011 are 10% on the first $200 and 21% on the remaining $200. Therefore her provincial tax credit is (10% × $200) + (21% × $200) = $62.

3. Her combined charitable tax credit is ($88 + $62) - $150.

Tax Savings

This is a non-refundable tax credit. As such, it can only be used to reduce tax owed; if you don't owe any tax, you don't get a refund. Generally, your tax savings will be equal to the amount of the charitable tax credit calculated. The following are exceptions:

- If you are required to pay provincial income surtax, then your actual saving will be more than the charitable tax credit calculated as the credit will reduce both your base income taxes and provincial surtax.
- If you made a donation of publicly traded securities, you may increase your tax saving by reducing your capital gains tax.

For a quick estimate of your charitable tax credit for the current tax year, try out the Charitable donation tax credit estimator which can be found on the Canada Revenue Agency (CRA) website at www.cra.gc.ca. For more information about claiming your charitable donations, see the General Income Tax and Benefits Guide (also available on the CRA website) or talk to your income tax preparer.
# 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>
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<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: <strong>$25</strong></td>
</tr>
<tr>
<td>□ Cash</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>General Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ I am a Person Living with PD</td>
</tr>
<tr>
<td>□ I am a Family Member/Friend</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>
Prepare to Put the Power in Your Step

Registration opens online April 1, 2012 for
Super SUPERWALK 2012 Weekend
September 8 & 9
Visit
www.parkinson.ca

STRENGTHEN THE VOICE OF YOUR PARKINSON ALBERTA SOCIETY

Do you know someone in Alberta who may be interested in becoming a Member? You don’t have to have Parkinson disease to be a member.

Our members range from family members, to business and health care professionals, to anyone interested in making a difference in the lives of those with Parkinson disease.

SIGN UP FOR MEMBERSHIP TODAY