

# Parkinson PULSE

Connecting people living with Parkinson disease in Alberta



BE CONNECTED

*stay*

CONNECTED



## Cover Story P.8

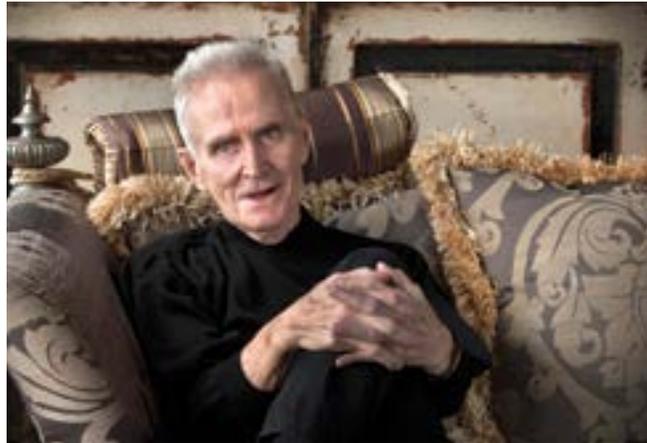
Be Connected, Stay Connected to the Support You Need

## Research in Alberta Series P.12

Supporting Parkinson Disease Research

## W. Gordon Buchanan (1929 - 2014)

Leader, Community Builder, Visionary, Friend



On October 19, 2014, the Parkinson community lost a good friend and a great man. Gordon Buchanan was a respected Alberta businessman dedicated to celebrating community, to building a better province, and believing in people and their abilities. Gordon's incredible personality, remarkable achievements, immense generosity and venerable commitment to community made a lasting impression on everyone he met. It is his influence that will serve as a beacon for all those who believe that anyone anywhere can make a difference. And it his and Diane's vision-turned-reality, the Buchanan Centre for Parkinson's that will serve as a lasting legacy to Gordon's commitment to community, to people helping people.

On behalf of the Board and Staff at Parkinson Alberta and the entire Parkinson community, we would like to extend our condolences to Diane and family, his friends and everyone who was fortunate enough to have known him. We will miss Gordon and his smile that would light up a room; and we are truly grateful for all that he has done to make the world a better place.

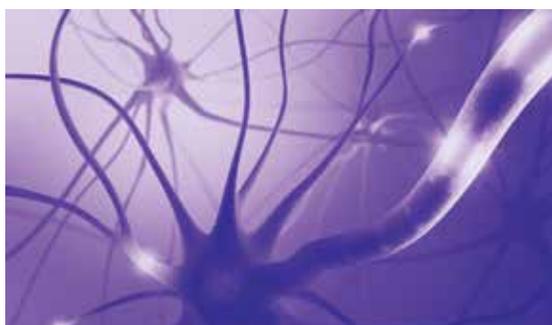


*"We try to put back at least a part of what we take out – it's a trade-off in my opinion. Life itself is that way – if you put in a little more than you take out, or at least try to, you should come out a winner or feel good about yourself, whatever you are doing in life."*

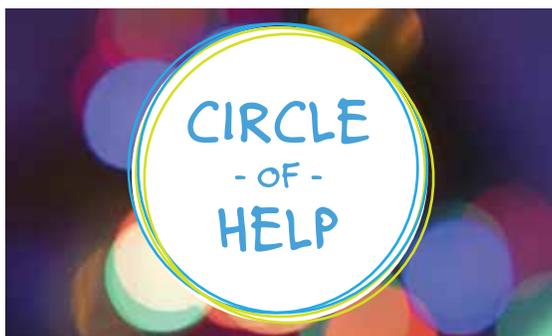
Gordon Buchanan



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Fall 2014

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# Parkinson Alberta

## Who Are We?

Parkinson Alberta helps make every day better for Albertans affected by Parkinson disease (PD). We provide support services, education, advocacy and funds for research.

Parkinson Pulse is a quarterly publication of Parkinson Alberta. It is available free of charge to people living with Parkinson disease, their supporters, community health partners, and researchers.

We welcome your comments, suggestions and questions. Email us at [communications@parkinsonalberta.ca](mailto:communications@parkinsonalberta.ca); phone us toll free at **1-800-561-1911**; or mail to Parkinson Pulse at 102, 5636 Burbank Cres SE, Calgary AB, T2H 1Z6.

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## From the Desk of **THE CEO**

661,848; from East to West and North to South, that is how many square kilometers make up Alberta. In that 661,848 km<sup>2</sup> there are over 8000 people living with Parkinson disease and tens of thousands more affected by it. Parkinson Alberta is dedicated to ensuring that not a single one of those individuals has to face Parkinson's alone; it is a quite a task, as it is truly a lot of ground to cover.

So how do we stay connected? The answer is...in a multitude of ways.

We offer a wide variety of programs and services across the province designed to give Albertans the opportunity to connect with peers, neurologists, researchers, other health professionals, and experts in a variety of fields. From support groups to social gatherings to educational presentations, these connections contribute to a better day-to-day life with Parkinson disease. And for those Albertans who do not live close to one of our six offices, Parkinson Alberta offers a multi-faceted website which includes an online **Ask the Experts** section. Also, a toll-free **PD Helpline**, so that no matter where you live in the province, you can connect to the help and support you need. As we move forward, we will look at new and exciting ways to reach out across the province to make sure we are there when you need us (pg 8).

We reach out not only to our clients and stakeholders, but to the general public as well. Events like the Flexxaire Parkinson Step 'n Stride, Parkinson Alberta Grows Campaign, or any number of other events we host throughout the year not only raise much needed funds; but helps to raise the profile of Parkinson disease in Alberta.

We continually reach out to our clients, volunteers, and other stakeholders. Case in point, we recently hosted four events in the Edmonton Region to engage with our clients, the public and health professionals about the Buchanan Centre for Parkinson's. We presented the basics and then opened the floor to the thoughts and ideas, questions and concerns of those in attendance. And, throughout the year, across the province, we host information nights and open forums to receive input and feedback from you. We value what you have to say. We want to find out, first-hand what is going well, what

changes we could make, and what new ideas you have. For those who may not be able to make it to one of these nights or forums, we are pleased to announce a new tool – **Ask the CEO** – on our website (pg 16).

And, finally, we make certain there are plenty of opportunities for people to connect with us.

- **Sponsorship** helps guarantee that more of the funds raised at an event go towards supporting our programs and services, as well as research.
- **Volunteering**, whether it is at one of our offices, an event or telling us your story. Your gift of time is always appreciated!
- **Donations** help support our efforts to ensure a better day-to-day life for those living with and affected by Parkinson disease in Alberta. We offer an array of ways to donate including planned giving, donating a car, or our new initiative **Circle of Help** (pg 14) which showcases how your donation translates into tangible actions!
- **Membership** is one of the most important ways you can connect with Parkinson Alberta. By becoming a member you give the Parkinson community a stronger voice when it comes to advocacy and awareness. We are asked often by the various governments and granting organizations how many members we have – the greater the number the more success we have! I encourage you to add your voice to ours and consider becoming a member (pg 19).

Access to support and a welcoming community is important when dealing with Parkinson disease regardless of where you live. At Parkinson Alberta, we will never stop striving to make those connections so no one has to be on this journey alone.





# A CHANGE IN MY LIFE

*Diane Johnson*

I was a nurse for over 45 years until I was diagnosed with Parkinson disease (PD). I was diagnosed with PD in 2006; being a nurse I understood the process of chronic degenerative disease. I used to help people, I was a health care provider, and now I had to switch roles. I am a patient.

I became active in participating in research studies, following treatments for Parkinson's, but became depressed; largely due to most of my friends still working while I was not. I was facing other issues such as, learning to live with PD. For many years I did not want to accept my reality, I ignored the changes that PD brought to my life. My depression got worse.

One day I called Parkinson Alberta. I wanted to learn about the programs and services they offered, hoping to find something, but not sure what. I made an appointment to see a Client Services Coordinator, and after our meeting I felt incredible relief. I found great support and very useful information. I felt encouraged and empowered. I was hopeful again!

I was so motivated that I immediately got involved with some of the programs and support services Parkinson Alberta offers: Thinking, Memory and Concentration Program and started attending a support group. I made a decision TO KEEP ACTIVE.

By being involved with Parkinson Alberta I have met so many people and I have a sense of belonging. I feel that I have great support, and am now part of this incredible PD community. I know I am not alone, just to know that

*"For many years I did not want to accept my reality, I ignored the changes that PD brought to my life. My depression got worse."*

there are other people like me, that we can share some sad and happy moments, has given me confidence and strength. The feeling of being together with my peers has given me hope.

There is so much help and support available here in Alberta for people with PD, but I realized it was up to me to take the initiative to participate. I encourage you to participate, to find help and support so that you can find your own confidence and strength.

Parkinson disease is not fun, it bothers me, I can't change it but I do not want to be in a corner and cry, feeling sorry for myself all the time. I was so busy dealing with and focusing on the Parkinson's, that I lost touch with other people. I was alone. Now I am still dealing with Parkinson's but I know I am not alone.

If you would like to share your story, please email [communications@parkinsonalberta.ca](mailto:communications@parkinsonalberta.ca) or talk to your regional Client Services Coordinator.

## Ask the EXPERTS **Q+A**

Parkinson Alberta has gathered an exemplary team of experts to answer your PD questions in a feature on our website aptly named "Ask the Experts". Our experts address questions on everything from symptoms and treatments, to medications and research, to alternative therapies.

**Question:** My father was diagnosed with PD just over a year ago at age 75. His symptoms are slower speech, difficulty gathering thoughts, shuffling and difficulty holding his head up. He is on prescription medication but I am not sure what they are. Up to now I have been going off information given to me by those around him. There seems to be a perception that if he were to concentrate more to raise his head while sitting and walking his head wouldn't droop as much. Therefore people around him are constantly reminding him to lift his head, pick up his feet, etc. I am sure this isn't the right approach. Is there an exercise routine for his situation that might strengthen certain muscles that would help him out? I haven't talked to his doctor so I am not sure what his doctor has recommended, if anything. Any info would be appreciated.

**Answer:** Head forward posture is a common problem in Parkinson disease. Neck strengthening and posture exercises are routinely recommended by physical therapists who treat PD. For example, standing with your heels, back, shoulders, and head against a wall to provide proprioceptive input to the brain. If the head does not touch the wall, a small towel can be placed there. Encourage the person to tuck their chin in and press the towel flat for 5 seconds. The same can be done in a laying down position to "squish" the towel or a pillow.

There are also exercises which require the patient to lie on their stomach and lift the back of the head up against gravity toward the ceiling. Arm and leg lifts can be added to this exercise to increase the level of difficulty and recruit other back extensor muscles into action. It could be beneficial to be assessed by a physical therapist to determine which exercises would best address your Dad's issues.

If the head forward position is severe and persistent, even with exercises and postural awareness training, it could be a more complex issue with an underlying diagnosis of myopathy or dystonia, or both. Treatment

options could include medication changes, injections, or brain surgery and should be discussed with a movement disorders neurologist.

**Question:** What is the importance of taking a CoQ10 supplement?

**Answer:** There has been a lot of interest in using coenzyme Q10, which is a naturopathic supplement, to slow progression of Parkinson disease. It is safe and well tolerated, but quite expensive. A large study was completed in North America using this substance with PD patients, and unfortunately was not found to be helpful. At this time there is no evidence that use of coenzyme Q10 provides any benefit to people with PD.

## PD HELPLINE



Don't live alone with Parkinson disease.

**We can help.**

All you have to do is start the conversation.

**Call 1-877-243-9992**

*Monday to Friday*

*8:30 am till 4:30 pm*

*Free from anywhere in Alberta*

If you have a question you would like to ask, visit us online at: [parkinsonalberta.ca/ask-the-experts](http://parkinsonalberta.ca/ask-the-experts)

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## COGNITION AND PARKINSON DISEASE: *The Importance of Exercising our Brains*

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**W**hen we talk about Parkinson disease (PD) we are referring to a very complex neurological disorder which involves motor symptoms, very well known as tremors and shaking, problems with balance and stiffness (or rigidity) and slowness of movements. Additionally, there are non-motor symptoms associated with PD. When we make reference to the non-motor symptoms in PD we talk about everything else besides the motor symptomatology such as psychological problems (as depression or anxiety), and cognitive impairments.

As a Parkinson brain changes; oftentimes those changes can begin to affect mental functions including memory, attention, problem-solving, and/or the way a person thinks or reasons. It is estimated that 50 percent of those with Parkinson disease will experience some form of cognitive impairment.

If you are experiencing cognitive difficulties in your daily life, you should talk with your doctor. Common symptomatology regarding cognition in Parkinson disease includes difficulties with planning, focussing attention, slowing of thought, and decreased memory. While some medication options may exist; training and exercising one's cognitive skills could help improve and/or maintain the cognition or slow the deterioration process in Parkinson disease.

### Stimulating the brain...

- Helps to improve or maintain our cognitive abilities
- Slows deterioration processes
- Promotes autonomy and postpones dependency
- Promotes self-esteem
- Improves mood and motivation
- Promotes relaxation and decreases anxiety
- Improves quality of life

Cognitive Stimulation Therapy is a neuropsychological intervention mostly used in the treatment for dementias. However, it is also strongly recommended for normal aging and for people at risk to develop dementia in the future. While specific programs (like Parkinson Alberta's Thinking, Memory and Concentration Program) do exist, there are many easy and beneficial things that one can undertake on their own.

There are two general goals when it comes to cognitive exercise. First is to stimulate cognitive skills such as different types of memory, language, attention and concentration, frontal functions, and fine motor skills. Think crosswords or Sudoku, card games and picture puzzles. The second is to learn/implement different techniques and strategies to train their cognition daily by themselves at home. The following are some tips you could consider incorporating into your daily brain training!

- *Challenge yourself*, if the activities are too easy they won't make you exercise your brain
- *Keep active as much as you can*; physical exercise also helps your brain
- *Exercise your memory every day with daily life activities*:
  - note a list of groceries or tasks and try to remember it
  - At the end of the day, try to remember all that what happened along the day
  - Try to remember what you ate throughout the week
- *Exercise your concentration and attention daily*
- *Try to read every day*
- *Try to do calculations with money*
  - You can use supermarket flyers to estimate a budget of your groceries
- *If you like watching TV, try to watch stimulating programs instead of passive ones*
- *Play board games with relatives or friends*
- *Maintain your social life*
- *You can also use some games or apps for brain training available on the web*

## References

Janvin, C., Larsen, J., Salmon, D., Galasko, D., Hugdahl, K. & Aarsland D. (2006). Cognitive profiles of individual patients with Parkinson's disease and dementia: comparison with dementia with Lewy bodies and Alzheimer's disease. *Movement Disorders*, 21(3):337-42.

Janvin, C., Aarsland, D., Larsen, J. & Hugdahl, K. (2013). Neuropsychological profile of patients with Parkinson's disease without dementia. *Dement Geriatr Cogn Disord*, 15(3):126-31.

Watson, S. & Levenrenz, J. (2010). Profile of Cognitive Impairment in Parkinson Disease. *Brain Pathology*, 20(3):640-645.

## Brain Training Exercises!

Use the letters from the following word to create six new words. You don't need to use all the letters although the more letters you use; the more exercise your brain receives.

### SUPERMARKET

Write the following numbers in the inverse order:

**9852667**

**7662589**

**3127889**

**90908787**

**31456278**

**778364763**

**908362556**

**1357908642**

Try to remember the following items. Once you have memorized them, write their names down on a separate sheet of paper without looking at the picture.



## BE CONNECTED, STAY CONNECTED to the Support You Need

**P**arkinson Alberta is steadfast in our commitment to ensuring no Albertan has to face a Parkinson disease diagnosis alone. Across the province we offer support services, programs and educational opportunities designed to help people live better with Parkinson's. We realize however, not everyone has access to these offerings. Sometimes it is a mobility issue, but more often it is a geographical issue. Alberta is a large province and, for now, Parkinson Alberta only has offices and/or staff in seven regions. So how do we go about making sure that regardless of where you live in the province you can connect to the help you need to live better with Parkinson disease?

While not every service we offer in the regions where we are staffed can be replicated, Parkinson Alberta offers a number of options to ensure you can be connected and stay connected to the help and support you need.

### PD Helpline – 1-877-243-9992

Our PD Helpline is a free, easy, and confidential way for anyone affected by Parkinson disease and Parkinson Plus (including health care professionals) to receive the information and support they need. Whether it is providing information, answering a question, or simply listening, we are here for you. Calls placed Monday through Friday between 8:30am-4:30pm (closed weekends and statutory holidays) will receive a timely, same day response.

### Website – [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca)

Parkinson Alberta's website is your destination for all things Parkinson. From information about PD, to the latest in research and Parkinson Alberta news we've got you covered. Our website also offers the following interactive tools and access to information:

- Ask the Experts**  
 This unique feature gives you the opportunity to ask medical questions about the day-to-day management of Parkinson disease online. Our team of experts in neurology, neurosurgery, nursing, and physiotherapy will respond. Be sure to check out the "View Answers" section to browse others questions and answers.
- PD Resources & Information**  
 Parkinson Alberta is pleased to offer PD resources and information on a variety of topics (from facts to non-motor symptoms to day-to-day life with PD) that will answer questions unique to the management of your own health and well-being.
- Frequently Asked Questions about Parkinson Disease**  
 There is no such thing as a bad or silly question when it comes to Parkinson disease. This section gives answers to commonly asked questions.
- Faces of Parkinson's – My Story**  
 Do you ever feel like you are alone in your journey with Parkinson disease? Our Faces of Parkinson's

section showcase the personal stories of individuals who understand, because they are on the journey as well.

And, as we look toward the future; exciting new initiatives and technology will help us reach out in new and exciting ways!

## Webinar Series

Currently in the development stage is a webinar series that would see health professionals hosting educational and informational presentations on a wide-range of topics. Participants would have the opportunity to ask questions and receive answers.

## Teleconference Support Groups

We are currently in the process of piloting two tele-support groups – one specifically for those in the Brooks area and one for the province as a whole. These support groups will take place over the phone using a teleconference system. You will be able to interact with others in Alberta who live with PD, ask questions, discuss issues about living with a chronic illness, find out about useful resources and ‘meet’ others who understand what it is like to live with PD. There is no cost for people to call in; all you have to do is register!

The Alberta group will be held on **the third Thursday of each month from 10:00am - 11:00am starting November 20<sup>th</sup>.**

Call 780-425-6400 or email [bfoxall@parkinsonalberta.ca](mailto:bfoxall@parkinsonalberta.ca) to **register**.

A call in number and passcode will be provided to you when you register.

*As we move forward, Parkinson Alberta will continue to seek out new and innovative ways to make certain that regardless of where you live in the province, you can be connected and stay connected to the support you need to live better with Parkinson disease.*



# THANK YOU FOR SHARING THE POWER OF A STEP



*The 2014 Flexxaire Parkinson Step 'n Stride was one of our most successful Walks to date, raising more than \$350,000!*

Over a period of two days more than 1500 people from across the province raised funds to support Parkinson Alberta's supports and services, as well as research. In the months leading up to the Walk, we received more media coverage than ever before, raising the awareness for those Albertans living with and affected by Parkinson disease. On billboards, in newspapers, on the radio, the web and on television sets we reached out to spread our message that no one should have to walk the Parkinson journey alone. And, on September 6th and 7th, a beautifully sunny Walk Weekend, no one walked alone!

**The 2014 Flexxaire Parkinson Step 'n Stride was also filled with many highlights and firsts.** We welcomed Edmonton-based Flexxaire as our Provincial Sponsor. We offered our first official run in conjunction with the Walk in Edmonton. Our CEO, John Petryshen, initiated TEAM ALBERTA and participated on behalf of those who could not attend. Individuals from across the province joined TEAM ALBERTA and helped raise

over \$6000! We had more people utilize our online registration process than ever before.

Parkinson Alberta would like to take this opportunity to extend our gratitude to Flexxaire and the Scruggs Family for their commitment to Parkinson Alberta. Also to all of our regional sponsors, we thank you for the support you have so generously given; we are truly thankful. Last, but certainly not least, our heartfelt thanks to the over 1500 Walkers, Runners, their families and friends, and of course, our amazing Volunteers! Your dedication, efforts and enthusiasm prove extraordinary things can happen when we **share the power of a step!**

**Mark your calendars for September 12th & 13th, 2015; it's never too early to start thinking about the 2015 Flexxaire Parkinson Step 'n Stride!**



# EVENTS

## + updates

### UPCOMING EVENTS

For more information on our upcoming events, please visit our website at [www.parkinsonalberta.ca/parkinson-alberta-events](http://www.parkinsonalberta.ca/parkinson-alberta-events)

#### Hope will grow this Winter!

After a long history with our Spring tulip campaign; we're excited to announce a similar campaign for the winter – this one with mini-trees! Check out our ad on the back cover as well as our website for more information. Calgary and Edmonton will be taking pre-orders as well as offering sales locations (see the website for locations).

Volunteers are also needed in both cities to help spread a little holiday cheer! Contact the PA Calgary or Edmonton Offices for more information on how to get involved.

#### Planning Committees for the 2015 Flexxaire Parkinson Step 'n Stride

PA Edmonton and Calgary Offices are also looking to form planning committees for the 2015 Flexxaire Parkinson Step 'n Stride. We're looking for motivated and passionate people to fill the following roles: Runner Recruitment, Walker Recruitment, Route Coordinator, Volunteer Coordinator, Registration Lead, Food & Beverage Chair, and Entertainment Chair. If you think you've got what it takes contact Kayla in Edmonton (780-425-6400) or Katie in Calgary (403-243-9901).



### PAST EVENTS

#### Golf Tournament

The 23rd Annual Parkinson Tulip Tournament was held at Calgary's Sirocco Golf Club on August 7th. With a beautiful warm summer day and plenty of mulligans, over 90 golfers enjoyed a fantastic day of golf followed by a delicious dinner and silent auction at Sirocco's Club House and helped raise over \$75,000!



#### Shooting for Parkinson's

Almost 100 people were in attendance at the 4th Annual Shooting for Parkinson's fundraising shoot, dinner and silent auction. Held on a sunny Saturday in August at the Edmonton Gun Club, attendees raised over \$11,000 for Parkinson Alberta!





# Research IN ALBERTA Series

Parkinson Alberta is proud to support Parkinson disease research wherever it happens, but especially right here in Alberta. As part of our commitment to research we are pleased to launch our new “Research in Alberta Series”. This series (which you will find in part here in our quarterly magazine, and in full on our website), is intended to not only showcase Alberta research/researchers; but to promote the diversity and value of research that is taking place on the Parkinson disease front here in Alberta.

For the first installment of the series, we’d like to introduce you to Dr. Patrick Flood. Dr. Flood is a full professor at University of Alberta’s School of Dentistry with a cross-appointment in Microbiology and Immunology. Dr. Flood has been a full-time researcher since the 1980s; and has been working in the Neuroscience and Neuro-inflammation field for the last seven years.

**PARKINSON ALBERTA (PA):**  
In layman’s terms, how does your research relate to Parkinson’s disease?

**DR. PATRICK FLOOD (DPF):**

Parkinson disease like many chronic neuro-degenerative conditions, Alzheimer’s, ALS, Huntington’s, MS and so on, have both a neurological component as well as an inflammation component. It is believed that the long-term nature of the degeneration that’s seen in Parkinson’s as well as Alzheimer’s and so on is partially or significantly due to the role of inflammation. Parkinson’s is a disease in which there are a number of neurologic changes which result in an activation of the immune system within the central nervous system and that activation of the immune system contributes to the degeneration of dopamine energy neurons within the areas of the brain that produce dopamine leading to this long-term loss and eventual symptoms and disease that we call Parkinson’s.

**PA** Why did you choose to pursue research as it pertains to Parkinson disease?

**DPF** I’ve always been interested in research and I’ve always been interested in how the immune system works and how inflammation works and how it contributes. If you look at all the different aspects of inflammation...inflammation contributes to cancer growth, to neurodegeneration, to inflammatory bowel disease and a number of these very debilitating conditions. So, the whole idea of how inflammation gets activated, how it progresses, how it really reflects in certain diseases and certain types of diseases was always an area of interest for us. We had initially started out looking at inflammation as a process and how it was regulated and what was involved. As we developed some ideas about inflammation, we started to look at some of these debilitating diseases like Parkinson’s and Alzheimer’s and thought this is an inflammatory process that can eventually be controlled. If we find the right combination of things and that by controlling that inflammatory process and perhaps even by reversing the inflammatory process, we

may be able to affect at least a slowing of the progression of the disease, a removal of symptoms of the disease and potentially maybe even a way of not curing necessarily but at least reversing the debilitating effects of the disease over a longer period of time.

**PA** What are the specific research questions you are trying to address and how would you explain the importance of these questions to the Parkinson community?

**DPF** Generally, it's thought that the way Parkinson's works is there is some anomaly. It's either a genetic anomaly, maybe it's due to trauma, maybe it's due to infection, or maybe it's due to exposure to some neurotoxic agent or event that initiates this process of inflammation. It's the inflammation that over a period of time will start the process of degeneration; and as the cells degenerate it will induce more inflammation and so it's very cyclical. You'll see this type of cyclical process in Multiple Sclerosis, Parkinson's and Alzheimer's. Eventually as the cells start to degenerate, they'll induce more and more inflammation and that will drive the process over a longer period of time till ultimately most of the offending material that drives inflammation has been removed or destroyed. Unfortunately, in this case, it's the cells that produce dopamine and so as the inflammation progresses; the immune system in the individual basically tries to destroy the cells that are quite beneficial to them. And as it destroys those cells the loss of dopamine production takes place and you start to get the symptoms of Parkinson's. So the key for us in a lot of these things is to understand when inflammation is activated, how it progresses over a longer period of time and ultimately to develop some anti-inflammatory treatments that may be effective, not only in stopping the progression of the disease, because unfortunately by the time a lot of people present with Parkinson's, a lot of the destruction has already been done.

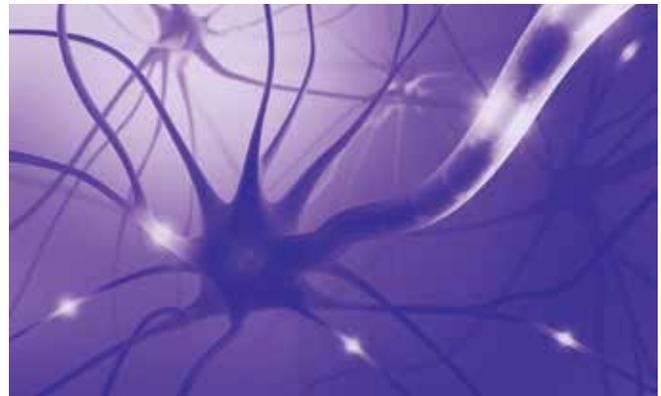
**PA** So then your research takes into consideration all aspects and stages of Parkinson disease?

**DPF** One of the keys to Parkinson's is understanding very early on how this inflammation is activated and progressing, and intervene at that time. But secondarily if you've already presented with symptoms, how one can, in essence, reverse the

process so that you now don't have destruction of these cells but actually have regeneration.

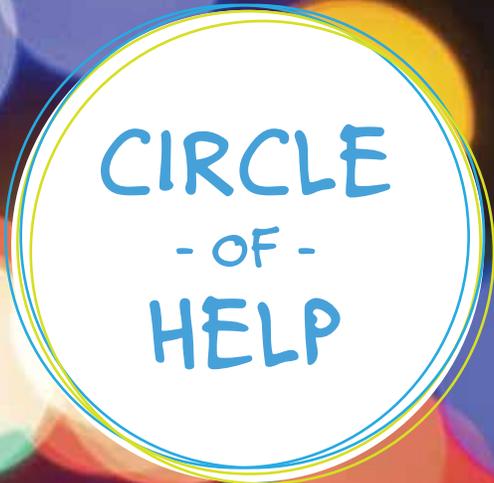
Because inflammation is a process, you'll see it everywhere on the body. It begins when you may, let's say, get a cut or a burn and you get that initial phase of destruction where cells will come in and try to get rid of the infection or try to get rid of the destroyed tissue. Then they switch over to what we term a "wound healing phenotype" which means they're now trying to rebuild the tissue that has been destroyed in a normal way. Sometimes when it's rebuilt incorrectly, you get scarring. Sometimes it doesn't rebuild very well because it never switches over to that rebuilding phase. But in Parkinson's, what we're trying to do is try to understand why it goes first of all into inflammation, why there's the destruction and how we can reverse that destruction by pushing it toward more wound healing phenotype so that it will actually regenerate the cells rather than destroy them.

**PA** That's incredible... Dr. Flood's interview continues on our website ([www.parkinsonalberta.ca](http://www.parkinsonalberta.ca)) where he talks challenges, lessons learned, and the future of research in Parkinson disease.



If you do not have access to a computer, please send a self-addressed stamped envelope to the address below, we will be happy to send you the full transcript.

**Parkinson Alberta**  
#102, 11748 Kingsway  
Edmonton, AB T5G 0X5



# CIRCLE - OF - HELP

**A**t Parkinson Alberta, it is our firm belief that no one should have to face Parkinson disease alone. Every day we are working diligently to offer and develop support services and programming, as well as raise the funds necessary to sustain these vital offerings. We cannot do it alone, we need your help. To that end, Parkinson Alberta is pleased to announce our new initiative: **Circle of Help**. **Circle of Help** enables Albertans to join Parkinson Alberta in providing essential support to Albertans living with Parkinson disease, their care partners and families.

While many of you may be familiar with Parkinson Alberta's support services and programming, you may be unfamiliar with what we refer to as our "core services". Supportive counselling, support groups, education sessions, access to information and resource materials, and public awareness – all these are offerings we consider "core services"; and they are at the very heart of who we are and what we do. And while, of course, there is a cost to these offerings, Parkinson Alberta (PA) is extremely proud to provide access to our core services to any who require it, at no cost to them.

Additionally, we offer a range of programs across the province (dependant on location and community demand); programs designed to keep those who participate living well with Parkinson disease. These programs often ask participants to pay a fee in order to help cover the costs associated with the program. For example the cost of hiring an expert in a given field, or a room rental, or supplies required to carry out the

program. In order to keep these programs affordable for participants, Parkinson Alberta oftentimes supplements the programs.

The aim of **Circle of Help** is to make certain EVERY Albertan living with and affected by Parkinson disease (PD) has access to the help and support they need to live better with PD, in an affordable fashion, regardless of location. Your donations to this program will ensure that!

## Circle of Help offers a variety of giving options

### **A donation of \$5...**

Helps to provide one Parkinson's information package to anyone, anywhere in Alberta. We distribute these packages through our regional PA Offices, the Movement Disorders Programs (MDPs), neurologists and other professional health offices/clinics, and by mail to any who request one.

### **A donation of \$25...**

Helps to provide one hour of supportive counselling to persons with Parkinson's, care partners or families. As Parkinson disease is a progressive disease that changes over time, supportive counselling is often accessed frequently by many of our clients. We currently offer supportive counselling via an in office meeting, a home/location visit, or over the telephone.

## A donation of \$50...

Helps to provide one Parkinson's presentation to a care facility, post-secondary institution, or community organization. Every presentation we give increases awareness of Parkinson's, and creates opportunities to reach new clients, volunteers, supporters and donors.



## A donation of \$100...

Helps to provide one month of access to our toll-free PD Helpline, so that anyone, anywhere in the province can connect to the help they need to manage PD.

## A donation of \$250...

Helps to provide an honorarium for one educational speaker. Parkinson Alberta brings in a variety of educational speakers throughout the year to educate and inform on a variety of PD related topics.

## A donation of \$500...

Helps to provide 2500 of any of our five informational brochures to clients, as well as the public via MDPs, clinics/health professional offices and awareness events.

## A donation of \$1000...

Helps to provide two months of website access – including all the latest news on PD, research, and Parkinson Alberta happenings. Also direct access to PD experts via our Ask the Experts section, and information and up-to-date program and event listings.

## A donation of \$1500...

Helps to provide the gift of movement; we offer a wide range of movement programs across the province like our Dance for PD, Steady & Go Balance and Mobility and Falls Prevention. These programs are designed to safely keep people active and mobile.

## A donation of \$2000...

Helps to provide the creation and production of one of our four Parkinson Pulse quarterly magazines. This magazine is a key source of information and a great way to stay connected to the Parkinson community.

## A donation of \$2500...

Helps to provide one support group for one year. These monthly meetings provide education, support and expertise to people living with Parkinson's, their care partners and their families.

## A donation of \$3500...

Helps to provide the gift of music! Our PD & Singing programs take place in three regions across the province. In addition to being fun and social, research has indicated that singing can help improve some of the speech issues associated with Parkinson's.



**By supporting Circle of Help, you help brighten the spirits of people living with Parkinson disease and show them they are not alone; that they have a caring community supporting them!**

Tax receipts are available for donations of \$20 and more. If you would like to make a donation via Circle of Help visit us online at: [www.parkinsonalberta.ca/donate-to-parkinson-alberta](http://www.parkinsonalberta.ca/donate-to-parkinson-alberta), call us toll-free at 1-800-561-1911 or speak with someone in your regional PA Office.

# NEWS + updates

- » Parkinson Alberta is hosting a “New Treatments in Parkinson Disease” education evening in Calgary with Dr. Justyna Sarna and Dr. Oury Mochi on November 19 from 4:00pm – 6:00pm at Executive Royal Hotel (2828 – 23 St NE). Please RSVP by November 12 to 403-243-9901.
- » Want to help mold the young minds of tomorrow’s health professionals? Join us Tuesdays from 1:00pm to 4:00pm in the Medicine Hat College courtyard for the Brighter Day Program Social. This is your chance to meet new people and have great conversations in a fun, relaxing, social atmosphere. Call PA Medicine Hat Office for more information 403-526-5521.
- » Parkinson Alberta is pleased to announce the addition of a new support group in Taber. This new support group will take place the 2nd Wednesday of every month (September through June) from 2:00pm – 3:00pm at the Taber Public Library. Covering the Taber, Grassy Lake, Vauxhall, Bow Island and Barnwell areas, this group is for people with Parkinson disease, their care partners, family members, or anyone else who may be interested in attending. Please contact PA Lethbridge Office for more information 403-317-7710.
- » Coming soon to our website – shop for a good cause at Parkinson Alberta’s Online Store! Our store will make it easy to purchase PA merchandise, sign up for the latest programs and events, or make a donation; all with the click of a mouse! The Store is slated to open by mid-November!
- » **Please note** – All PA Offices will be closed December 24<sup>th</sup>, 2014 through January 2, 2015 for the holidays. Our offices will resume regular business hours Monday, January 5<sup>th</sup>, 2015.

## ask the CEO

a new tool to stay connected

In an effort to stay connected with our clients and stakeholders across the province, Parkinson Alberta is pleased to announce a new online tool – Ask the CEO.

Do you have questions about Parkinson Alberta as an organization? John Petryshen, CEO, with assistance from staff members as required, will be happy to answer your questions about PA’s operations, strategic goals, fundraising, administration and Client Services.

**Please note:** Due to the specific nature of each question, all queries will be screened and only questions that are intended for the public will be posted in our answers section.

Simply visit [www.parkinsonalberta.ca/ask-the-ceo](http://www.parkinsonalberta.ca/ask-the-ceo) to submit your question in the form provided.

# SUPPORT GROUPS

Please note that support groups run from September through June unless otherwise indicated.

CALGARY REGION		Tanya Good/Kate Tuff 403-243-9901
AIRDRIE		
3rd Monday of the month	10:00 am – 11:30 am	<b>Cam Clark Ford</b> – 1001 Highland Park Blvd
CALGARY		
1st Monday of the month	10:00 am – 11:30 am	<b>Hope Lutheran Church</b> – 3527 Boulton Rd NW
1st Thursday of the month	10:00 am – 11:30 am	<b>Hope Lutheran Church</b> – 3527 Boulton Rd NW
2nd Monday of the month	10:00 am – 11:30 am	<b>McDougall United Church</b> – 8516 Athabasca St SE
4th Monday of the month	10:00 am – 11:30 am	<b>McDougall United Church</b> – 8516 Athabasca St SE
4th Monday of the month Young Onset	7:00 pm – 8:30 pm	<b>Hope Lutheran Church</b> – 3527 Boulton Rd NW
COCHRANE		
2nd Thursday of the month	10:00 am – 11:30 am	<b>St. Andrew's United Church</b> – 128 – 1st St E
NANTON		
4th Thursday of the month	10:00 am – 11:30 am	<b>St. Cecilia's Catholic Church</b> – 2308 – 19th St
EDMONTON REGION		Maica Martinez/Susana Vela 780-425-6400
CAMROSE		
1st Wednesday of the month	4:30 pm – 6:30 pm	<b>Fire Hall</b> – Mt Pleasant Dr.
EDMONTON		
1st Wednesday of the month	1:00 pm – 3:00 pm	<b>Rutherford Heights</b> – 949 Rutherford Rd
2nd Monday of the month Care partners	5:00 pm – 7:00 pm	<b>PA Edmonton Office</b> – 102, 11748 Kingsway
3rd Wednesday of the month	7:00 pm – 9:00 pm	<b>PA Edmonton Office</b> – 102, 11748 Kingsway
3rd Thursday of the month	1:30 pm – 3:30 pm	<b>Providence Renewal Center</b> – 3005 – 119 St
4th Wednesday of the month Young Onset (under 50 years)	6:30 pm – 8:30 pm	<b>Locations vary</b> – Please call PA Edmonton Office
SHERWOOD PARK		
1st Thursday of the month	1:30 pm – 3:30 pm	<b>Country Hall</b> – 2001 Sherwood Dr
2nd Tuesday of the month	1:00 pm – 3:00 pm	<b>Bethel Lutheran Church</b> – 298 Bethel Dr
SPRUCE GROVE		
4th Thursday of the month	6:30 pm – 8:30 pm	<b>Pioneer Centre</b> – 301 Jespersen Ave
ST. ALBERT		
3rd Tuesday of the month	1:00 pm – 3:00 pm	<b>St. Albert S55+ Club</b> – 7 Tache St
WESTLOCK		
Last Monday of the month	1:30 pm – 3:30 pm	<b>Room 140, Provincial Bldg</b> – 2, 10003 – 100th St
GRANDE PRAIRIE REGION		780-882-3262
GRANDE PRAIRIE		
2nd Tuesday of the month	2:00 pm – 4:00 pm	<b>Wildrose Manor</b> – 9358 – 70th Ave
3rd Monday of the month Care partners	12:30 pm – 2:30 pm	<b>PA Grande Prairie Office</b> – 103, 10901 – 100th St

# SUPPORT GROUPS

Please note that support groups run from September through June unless otherwise indicated.

LETHBRIDGE REGION			Brian Treadwell 403-317-7710
LETHBRIDGE			
3rd Thursday of the month	2:00 pm – 3:30 pm	<b>Lethbridge Senior Citizens Org.</b> – 500 – 11th St S	
RAYMOND			
3rd Wednesday of the month	2:00 pm – 3:30 pm	<b>Prairie Ridge Centre</b> – 328 Broadway S	
TABER			
2nd Wednesday of the month	2:00pm – 3:00pm	<b>Taber Public Library</b> – 5415 – 50 Ave	
LLOYDMINSTER REGION			Judy Harges 780-808-5006
COLD LAKE			
3rd Thursday of the month	7:00 pm – 9:00 pm	<b>Cold Lake Regional Health Centre</b> – 314 – 25th St	
LLOYDMINSTER			
3rd Tuesday of the month	7:00 pm – 9:00 pm	<b>Lakeland College</b> – 2602 – 59 Ave	
WAINWRIGHT			
3rd Tuesday of the month	2:00 pm – 4:00 pm	<b>Provincial Building</b> – 810 – 14th Ave	
MEDICINE HAT REGION			Beth Metcalf 403-526-5521
BROOKS			
		Please call PA Medicine Hat Office for more info	
MEDICINE HAT			
2nd Tuesday of the month Care partners	1:00 pm – 3:00 pm	<b>Locations vary</b> – please call PA Medicine Hat Office	
2nd Wednesday of the month Men with PD	12:30 pm – 2:00 pm	<b>Sidetracked Pub</b> – 403 North Railway St SE	
4th Tuesday of the month	1:30 pm – 3:30 pm	<b>Kinplex Social Room</b> – 2055 – 21st Ave SE	
RED DEER REGION			Marilynne Herron 403-346-4463
LACOMBE			
4th Wednesday of the month	1:30 pm – 3:30 pm	<b>Wolf Creek Community Church</b> – 4110 Hwy 12	
OLDS			
2nd Wednesday of the month	1:30 pm – 3:30 pm	<b>Sunrise Village</b> – 5600 Sunrise Cres	
RED DEER			
3rd Wednesday of the month	1:30 pm – 3:30 pm	<b>Davenport Church of Christ</b> – 68 Donlevy St	
THREE HILLS			
		Please call PA Red Deer Office for more info	

Parkinson Alberta would like to thank the following sponsors for their commitment to ensuring that Albertans affected by Parkinson disease receive the quality and level of support and service necessary to live better with PD.



# Last Look

# INVEST IN THE FUTURE OF PARKINSON DISEASE IN ALBERTA

**P**arkinson Alberta plays a significant role in the lives of Albertans affected by Parkinson disease; through our programs and support services, our contributions to research, and our advocacy efforts with governments at various levels and the public at large. We also strive to cultivate, maintain and strengthen our relationships with health professionals, the business community and post-secondary institutions across the province, nationally and internationally. We do this so that we may better assist our clients in their efforts to live better with Parkinson disease.

As we head into the final months of 2014, our Board of Directors and Staff have already started looking ahead to 2015. To that end, it is time once again for our Annual Renewal Campaign. Very shortly you will receive a letter from one of our own, telling his Parkinson's story and asking you to renew your membership or become a member, and to consider making a donation.

## What does it mean to be a member of Parkinson Alberta?

First and foremost this is the most effective way to ensure that Parkinson disease is not overlooked in a time where many causes are grappling for attention and funds. In Alberta alone there are over 19,000 charitable organizations. When we apply for grants or put together a case for support to a business or government we are always asked "How many members do you have?" This number is important, and can often mean the difference between being successful in receiving support or not. For every paid membership we receive, we can count

one person as a member. The more members we have, the stronger our voice and the more influential we become; the more positioned we become to enact meaningful change for Parkinson disease in Alberta.

Second, there are tangible benefits that are included in membership:

- Voting privileges at our Annual General Meetings. This is your opportunity to truly help guide Parkinson Alberta's path for today and tomorrow.
- While our newsletter/magazine remains available 24/7 on our website; starting January 2015 hardcopies will only be mailed out to members.
- Also starting in 2015 many of our programs and events will offer a reduced cost for members.

It is only with your thoughtful, ongoing support that we can continue to offer the best in support, programming, education and funds for research both today and tomorrow. When you become a member, you are not just "buying a membership" with Parkinson Alberta, you are investing in the future of Parkinson disease in Alberta!

**Renew or become a member today** via the form on the opposing page or by calling toll-free 1-800-561-1911. You can also renew/sign up through our website at [www.parkinsonalberta.ca/become-a-member](http://www.parkinsonalberta.ca/become-a-member).

# Parkinson Alberta

Please fill out and mail to PA Calgary Head Office (address on page 2).

## Personal Information

Mr.  Mrs.  Ms.  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 Alberta (including e-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

## 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 notification of this gift to (name and address): \_\_\_\_\_

## Payment

Enclosed please find my cheque (made payable to Parkinson Alberta) or cash for \$ \_\_\_\_\_

Please bill my:  Visa  Mastercard  American Express

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry: \_\_\_\_\_

# Holiday Celebrations

## Three Hills

**December 2  
2:00PM**

Holiday Tea & Meeting

## Calgary

**December 2  
11:30AM - 2:30PM**

8516 Athabasca St SE  
Finger Food Potluck

## Medicine Hat

**December 9  
11:30AM - 3:00PM**

Holiday Social  
Kin Social Room

## Olds

**December 10  
1:30PM**

Holiday Tea & Meeting

## Lacombe

**December 16  
12:00PM**

Finger Food Potluck  
& Meeting

## Red Deer

**December 17  
11:00AM**

Guest Speaker  
**12:00PM**  
Finger Food Potluck





# Parkinson

Alberta

# grows



We are excited to announce our brand new Parkinson Alberta Grows Winter Campaign, where we will be selling miniature trees! These festive mini-trees are 8" high and are sure to bring a little holiday cheer to any room. The trees can even come pre-decorated.

Sold for \$8/pot, funds raised during this campaign will provide hope to Albertans living with and affected by Parkinson disease. Pre-orders and corporate gifting options are available.

These pots of holiday cheer will also be available at various locations throughout Calgary and Edmonton in November. For more information please visit our website at [parkinsonalberta.ca](http://parkinsonalberta.ca).