

Parkinson **PULSE**

Connecting people living with Parkinson disease in Alberta



SELF ADVOCACY

Your Choice, Your Voice



Cover Story P.8

What is Self Advocacy?

Research in Alberta Series P.12

Supporting Parkinson Disease Research



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All will be revealed soon!

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Join our innovative Tele-Support Group to:

- Talk with others across Alberta about living with PD
- Learn up-to-date information
- Find out about resources in your area
- Share common experiences, issues and solutions

Tele-Support Group takes place the 3rd Thursday of every month from 10-11AM

Call toll-free 1-800-561-1911 for information on how to register and receive call in instructions.



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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; 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**

It is the mission of Parkinson Alberta to ensure that our clients, regardless of where they live in the province, have access to the tools, education and supports they need to lead the life they want to live with Parkinson disease. One of the most valuable tools a person can have is the ability to self advocate; which is why as we look ahead to 2015, a large part of our focus this year will be self advocacy.

So what, exactly, is self advocacy? Oxford defines it as "*The action of representing oneself or one's views or interests.*" When applying the term to your (or your loved one's) Parkinson's it means taking an active role in the day-to-day and future management of your own well-being. Self advocacy is an ongoing process that begins at diagnosis. Oftentimes, it can be a positive experience; giving people a sense of control and helping them to gain confidence. And the best part, being a self advocate does not mean you have to "go alone." In fact, it frequently involves additional support from others (family, friends, health professionals and community resources).

The first and most important step in self advocacy is to understand your strengths, weaknesses, and needs. Ask yourself what you want/need or identify the issue you feel needs your attention. What you choose to identify is entirely up to you. The following are a few examples of relatively common issues we hear about.

"I want to understand what my Parkinson's diagnosis will mean for me and my family."

"I want to better communicate my needs with my spouse and/or care partner."

"My partner's PD is affecting my life too, what can I do to find balance?"

"I want to know what steps I can take to live better with Parkinson's."

"How do we tell our family? Friends? What about work?"

The next step in self advocacy is information and education. Ask questions, read books or pamphlets, talk to others or attend information sessions. Parkinson Alberta has many credible resources available to you! Many times the information and education you gather

can answer or address your wants/needs directly. The more you know, the better prepared you are to take action.

The final piece of self advocacy is to turn your information and knowledge into your own personal action plan. It could mean a plan to attend an exercise program or care partner support group, or preparing a list of questions in advance to ask your doctor or pharmacist. It could be sitting down with your loved one(s) and talking about the future and the decisions you want to make.

The self advocacy path isn't always easy though. It can sometimes be difficult to determine what it is you want/need or to discuss difficult subjects. It can be intimidating to ask questions or request more information – especially from those we consider experts. It is important to not let the fear of advocating for yourself in a new situation, cause you to give up. Remember, Parkinson Alberta is here to assist and guide you along your journey. With this in mind, we are excited to launch two new Parkinson's initiatives in 2015 to help you with self advocacy.

In collaboration with Dr. Janis Miyasaki, we are initiating a Parkinson Care Planning Program with the objective of providing day-to-day and ongoing hands on education and resources for those clients and families affected by Parkinson disease, from diagnosis through their entire journey.

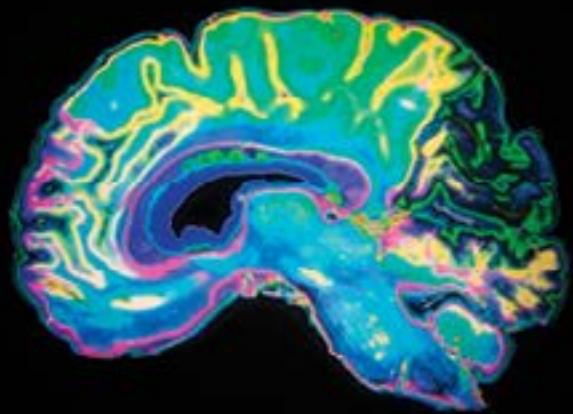
Another exciting initiative is the brand new Aware in Care Program that we will launch this spring in partnership with the National Parkinson Foundation!

There are other ways to self advocate as well. When you volunteer, purchase a membership, participate in a fundraising event or make a donation, you are advocating for a better today and tomorrow not only for yourself, but everyone living with and affected by Parkinson disease. Together, we will work to ensure every day is a better and brighter day!



WHAT I LEARNED at 2013's WORLD PARKINSON CONGRESS

Marvin Ebens



One of the most interesting sessions I sat in on at the 2013 World Parkinson Congress in Montreal was a session led by Dr. David Burn on the topic of attention and memory. Dr. Burn is a professor of Movement Disorder Neurology at Newcastle University in the United Kingdom. Both attention and memory disorders are common and variably disruptive in patients with Parkinson disease (PD). The whole area of attention and memory is labeled as "complex, not fully understood, and heterogeneous", which tells us it varies from person to person. These variations may include age, what stage you are at in Parkinson's, where in the brain and what in the brain is involved. All these variables are factors into how treatment is best carried out.

There are basically three types of attention and three forms of memory. The first type of attention has to do with executive control functions. An example of this would be the ability to multi-task. A study was done on a number of seniors. Each person was led into a room and a conversation was sparked up as they walked. Whether the senior stopped walking to talk or kept on walking and talking was recorded. Over the following few months it was noted that the people who stopped to talk had an amazingly higher amount of balance problems and falls than those who walked and talked. An interesting study, though the reason why this occurs is still unknown. The second type of attention is selective attention. An example of this would be sitting in a theatre watching a movie and have people walk in front of the screen and not be able to remain focused on the movie. Acetylcholine is known to help with this condition. The third type of attention is sustained attention. It is the ability to detect and respond to stimuli over time. Drowsiness and decreased vigilance are symptoms of this disorder. For this situation norepinephrine may help.

Myself, I don't believe that a lack of attention is as big of a problem in PD patients as memory recollection is. Dr. Burn is a wonderful speaker and all ears were attentive as he spoke. Next are the three types of memory.

The first type of memory is the episodic memory. An example of this would be recalling what you had for dinner last night or the contents of a short story you read. This type of memory was believed to be more of an access problem for people with PD, but current studies have shown it to be just as much of a problem to store it in the memory bank as it is to access it. The second type of memory is the procedural memory. Examples of this would be playing a familiar piano piece or driving a manual transmission car. This form of memory disability is the least diagnosed for those with PD. The last type of memory is the working memory. It is a combination of attention, concentration, and short term memory. Have you ever looked up a phone number, picked up the phone and forgot the number? This is your working memory failing you – (a bigger problem would be not remembering what the phone is for). Interestingly an incorrect dosage of Dopamine can affect this memory. Too much dopamine is just as bad as too little. Finding the optimum level may take some time. How is your memory and attention? I know fine tuning my Levadopa has helped my memory, or is it that I'm now paying attention to it?

If you would like to share your story, please email communications@parkinsonalberta.ca or talk to your regional Client Services Coordinator.

Ask the EXPERTS Q+A

Question: My wife has recently been diagnosed with Parkinson's. She is 51 and has the "family tremor" in her right hand. I have heard that women presenting at an earlier age than average may have slower than average onset of the disease. Is this something that you've heard to be true?

Answer: Parkinson disease is a slowly progressive disorder. There is some research to suggest that people with Parkinson's who have tremor as their first symptom may have a slower rate of progression than others. Women may have a slower rate of progression as compared to men. However, there is significant variability from person to person, we cannot predict how slowly or quickly each individual will notice progression in their symptoms.

For anyone, the most important thing that may slow down progression of PD appears to be regular exercise – at least 3 hours per week. We encourage everyone with PD to exercise regularly.

Question: DBS surgery -- is the surgery being done asleep in Calgary or Edmonton? Is it covered through health care or is it a cost to the patient? Also, I am 48 years old and wondering about being put on Sinemet too early and wondering if this surgery is only available when the meds stop working or can a person get it earlier? I am concerned because I am so young and the quality of life ahead.

Answer: Deep brain stimulation (DBS) surgery is offered in both Edmonton and Calgary through the Movement Disorders Programs; for people living with Parkinson disease with advanced symptoms, who are experiencing fluctuations in benefit from their medications (wearing off of benefit between doses of medication and/or dyskinesia). When surgery is being considered, a number of detailed assessments will be done by the Movement Disorders surgical team so the person and family understand the risks and benefits.

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.

In Alberta, the cost of the surgery and the device is covered by Alberta Health and Alberta Health Services. The surgery is done with the person awake and without their Parkinson medications as the surgeon relies on feedback from the person to identify the target in the brain for testing of benefit and/or side effects of stimulation. Everything is done to keep the person comfortable through the day.

The surgery is not done on individuals with mild Parkinson's, as medications such as Sinemet work very well. The medications never "stop" working; as the condition progresses, the medications become less effective and need to be adjusted appropriately, and surgery considered.

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

SELF ADVOCACY

for Depression & Anxiety

Winter Blues or Parkinson-related Depression & Anxiety?



Many people experience seasonal changes in feelings of well being, energy and sleep patterns. The winter blues or February blahs are common, but left unchecked these feelings can become depression (to varying degrees). For those with Parkinson disease, it is important to make sure those feelings of the "blues and blahs" aren't something more.

Living well with Parkinson disease (PD) can be challenging. For many years PD was thought to mainly affect just how people moved, we now know that many people with PD also experience depression and anxiety. In response to a PD diagnosis, you may feel depressed BUT changes in the brain of a person with PD may also affect mood. Parkinson disease alters the levels of dopamine and other chemicals (neurotransmitters) in the brain. These changes can greatly affect your mood and how you feel. Depression and anxiety are medical conditions; they are not character flaws or something to be ashamed of. Asking for help takes courage and strength; and taking charge of your life will help you live well with PD.

Depression

Recognizing depression in PD is very important, it is the first step toward treatment and recovery. Some symptoms of PD and depression overlap -- sleep problems, feeling "slowed down" or having less emotion show on your face are seen in both PD and depression. You may not recognize that your mood has changed; therefore it is helpful when those closest to you report to your healthcare team any changes that might be related to depression.

People experience depression in different ways but there are symptoms that are commonly seen. These are persistent and affect how you are able to live your life.

- » feeling sad, down or "blue"
- » no longer finding pleasure in activities that used to bring you pleasure
- » feeling restless or unsettled
- » feeling worthless, helpless or guilty
- » feeling tired all the
- » changes in sleep – too much, too little, or unable to stay asleep
- » changes in appetite - eating more or less; weight gain or weight loss
- » poor attention, inability to concentrate
- » thoughts that life is not worth living
- » feeling "slowed down", everything taking more time to get done
- » aches, pains (headaches, stomach aches) that are not responding to treatment

Anxiety

Anxiety is also very common in PD, making daily life a challenge. Depression and anxiety in PD are often seen together. Be sure to talk with your doctor or healthcare team if you are experiencing anxiety -- help is available!

Symptoms of anxiety include:

- » feelings of excessive nervousness
- » recurring thoughts of worry or fear
- » avoiding social situations
- » physical symptoms – racing heart, sweating, increase in tremor, "dizziness, trouble breathing

Getting Help

If you, or someone close to you, are experiencing symptoms of depression and/or anxiety, talk with your doctor and healthcare team. Recognizing and treating depression and anxiety early is important. Treatment may include lifestyle changes, medication, counselling or therapy from a qualified practitioner. Support groups associated with Parkinson Alberta can be of great help to you, your family and your support system. Call your Regional PA Office or our toll free PD Helpline (1-877-243-9992) to find out what supports are available near you.

Don't let winter get you down! Stay active, be social and most of all remember to get the support you need to stay mentally healthy!



WHAT IS SELF ADVOCACY?

By: Trish Clark

Until quite recently the term self advocacy was not a common word anywhere. Only lately has it become frequently heard. It now breaks down into a definition that is both understandable and workable

What is self advocacy? This is not a difficult concept. It is something we all practice at one time or another; it has just had a name change. Information books from the United States made references to developmental disabilities; others even included some aspects of civil rights. The dictionary definition most of us would relate to is a combination of:

"Taking action on one's own behalf"

"Speaking and negotiating for yourself."

"Speak up for your beliefs"

It can quite easily be brought into one statement which we do all understand. A statement that we all have heard - LOOK AFTER YOURSELF!

Self advocacy was and still is a tool we use to get what we want, to ask for what we think we need. It is imperative that we understand the importance of this concept in our lives.

Politicians are always on the lookout for supporters. Is this self advocacy? Does it concern you? Will the issue impact you in any way? Then yes it is a self advocacy issue. I'm not involved in all these petitions you say. But you should be. What about that new park with a walking trail? What about school closures? Are they going to pave our alley? Here is where self advocacy comes to the forefront. These do concern you so sign that piece of paper, self advocacy! You may sign a petition for a new park in your neighbourhood. Closer to home you may stop and speak to your MLA about a new drug

coming on the market. With the correct information you can begin to talk to your members of the various levels of government with confidence. These are examples of self advocacy. It is not only used in political situations but plays a significant part with personal issues.

Domestic problems may be dealt with by "sticking up for ones' self". Taking action on your own behalf is the definition that best applies in put down situations. Standing up to a bully is a way to look after your own interests. Here you speak for your own rights, your own welfare. Health issues can also be lessened by the individuals use of self advocacy. Understanding what is available in terms of medications, assistance, specialist treatment gives you a starting point.

Unfortunately many people lack the necessary skills to self advocate successfully. First you need to believe in yourself. You are important. You have certain rights and responsibilities as a Canadian citizen. You are entitled to your own religious beliefs. You are at liberty to express yourself. To practice self advocacy requires one essential skill. That skill is information. You need to be educated about your subject. Research your issue and be sure you know what it is you want or need, then, go for it...

We often express opinions to our friends, to our family but when push comes to shove we do not express them publically. Putting your mark on a ballot in provincial and federal elections would be a prime example of self advocacy.

And what about here in our own Parkinson's community? How does Parkinson Alberta encourage self advocacy? Are you a member of Parkinson Alberta? Did you pay your twenty five dollar fee? Do you belong to one of our thirty-eight (yes 38) support groups? Do you participate in singing, dance or our education sessions to keep healthy and active? This is how Parkinson Alberta helps you with self advocacy.

Parkinson Alberta offers support services and programs to help you lead healthier, more active and social lives with Parkinson disease. By participating in these programs you are advocating for your own well-being. Parkinson Alberta provides many opportunities for clients to make choices which will benefit them. And, by purchasing a membership, making a donation or volunteering you are helping to advocate not only for yourself, but for others just like you.

You have a voice and it should be heard; especially when your voice is speaking for your rights. By expressing one's beliefs you join others with the same views and your own self advocacy becomes more powerful and likely to be dealt with. Self advocacy then becomes a group tool and tells its own story.

Supporting a cause or a course of action is letting people know you are prepared to do what is necessary to achieve a significant goal or outcome for yourself.

UNDERSTANDING SELF ADVOCACY

We are now aware of what self advocacy is and how it can be an important factor in our lives. Can you finish up this article by thinking of three places and/or situations where YOU could benefit by using self advocacy?



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Moment
with



[instagram.com/
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TAKING A LOOK AT Available Government Supports

Whether you have been recently diagnosed or are well into your journey with Parkinson disease; you and your loved ones may find yourself contemplating not only medical questions, but financial ones as well. Will I be able to keep working? For how long? Are our retirement plans in jeopardy? What will the long-term costs of medications, home adaptations and other health care needs be? No one can fully predict what lies ahead; but by taking the time now to ask the questions and coming up with a plan, you can reduce the stress and be better prepared for the future.

In addition to various Canada Revenue Agency (CRA) tax deductions and credits like the Medical Expense and Disability tax credits, the Caregiver amount and the Disability supports deduction; there are other CRA offerings that may be beneficial to consider looking into. A few of these are listed below. It is best however, to seek professional financial/tax advice as every individuals' situation and eligibility may be different.

Working Income Tax Benefit (WITB)

This is a refundable tax credit intended to provide tax relief for eligible working low income individuals and families who are already in the workforce and to encourage other Canadians to enter the workforce. The WITB consists of a basic amount and a disability supplement. Further details are available at: <http://www.cra-arc.gc.ca/witb/>

Contribute to a Registered Disability Savings Plan (RDSP)

A registered disability savings plan (RDSP) is a savings plan to help individuals save for the long-term financial security of a person who is eligible for the disability tax credit. Further information about this plan is available at: www.cra.gc.ca/rdsp.

Apply for Employment Insurance Compassionate Care Benefits

Employment Insurance (EI) provides **Compassionate Care Benefits** to persons who have to be away from work temporarily to provide care or support to a family member who is gravely ill with a significant risk of death. You can apply for EI benefits online or in person at a Service Canada Centre. You should apply as soon as you stop working, even if you receive or will receive money when you become unemployed.

Self-employed people who register for the EI program may also be eligible to receive compassionate care benefits.

Explore Live-In Caregiver Options

The **Live-in Caregiver Program** for employers and foreign caregivers allows professional caregivers to work in Canada. Caregivers are individuals who are qualified to work without supervision in a private household providing care for children, elderly persons or people who have disabilities. Application information for the program is available on the Citizenship and Immigration website.

EVENTS + updates

UPCOMING EVENTS

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

Parkinson Awareness Month

With Parkinson Awareness Month just around the corner (April) we are excited to kick-off our annual Parkinson Alberta Grows Tulip Campaign! Beginning with pre-sales now and continuing with location sales in March and April, Parkinson Alberta will be selling tulips grown in Canada by the experts at Burnaby Lake Greenhouses for just \$8. These Red Parrot tulips come in red-wrapped pots and can be planted in the fall to bloom the following spring. Please your contact your regional office or visit our website for more details or to find a location sale near you.

Tulip Volunteers Needed

Volunteers are also needed across the province for this colorful campaign to help raise awareness and funds! Contact your Regional PA Office for more information on how you can help (contact information is listed on page 2).

Change-It®: New Fundraising Initiative

Change-It® is a new fundraising initiative in Canada that allows you to automatically donate the small change from your debit or credit transaction, simply and safely, to the charity of your choice. Go online see if your bank of choice is participating; to register your donor profile; control your change rounding preferences; and select your monthly maximums to get started. For any donations made throughout the year via Change-It® an official tax receipt for Income Tax. For more information, head to <http://ca.changeit.com>.

2015 SAVE THE DATES

May 9

Red Dress Run

- Edmonton

June 6

Perspective

- Edmonton

June 26 & 27

MH Parkinson's Support Group Charity Garage Sale

- Medicine Hat

July 16

24th Annual Parkinson Tulip Golf Tournament

- Calgary

August 29

5th Annual Shoot for Parkinson's

- Edmonton

September 12 & 13

Flexaire Parkinson Step 'n Stride

- Province-wide



FLEXXAIRE



**Step 'n
Stride**



Research IN ALBERTA Series

Parkinson Alberta is proud to support Parkinson disease research wherever it happens, but especially right here in Alberta. Our “Research in Alberta 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 right here in Alberta.

For the second installment of the series, we'd like to introduce you to Dr. Oksana Suchowersky. Dr. Suchowersky is currently Professor of Neurology, Medical Genetics and Pediatrics at the Faculty of Medicine, University of Alberta, the Toupin Research Chair in Neurology at the University of Alberta, and past President of the Canadian Movement Disorders Group. Dr. Suchowersky received her MD from the University of Calgary.

PARKINSON ALBERTA (PA): Where did your career path with Parkinson disease begin?

DR. OKSANA SUCHOWERSKY (DOS):

I've been working with people with Parkinson disease since 1984 when I first started my practice. I set up the Parkinson's clinic at the University of Calgary and Foothills Hospital in '84. The first major research project I started was in 1987 where we were trying to find out if Deprenyl, also known as Selegiline and/or Vitamin E would slow down the progression of Parkinson disease. And since then, I've been involved in Parkinson's research primarily to find a better treatment for Parkinson's as well as to test different compounds to see if we can slow down progression of symptoms.

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

DOS When I was doing my training in neurology in Vancouver, I had the fortune to work with Dr. Donald Calne who is a very well-known Neurologist and researcher in Parkinson disease. Working with him stimulated my interest. And, when I moved to Calgary further developed that interest.

PA Was Parkinson disease always your field of interest?

DOS No, I actually started out being interested in genetics. Part of what I do here at the University is research in the neurological hereditary disorders such Huntington's disease. And, now, of course, it turns out that Parkinson's most likely has a significant genetic component. So my interest in genetics is now able to take in Parkinson's as well.

PA Could it end up being like a domino effect for some diseases? If you find a key in one, is it possible it could work in other diseases?

DOS It is possible because there may be a final common pathway by which the nerve cells deteriorate. So, yes, it may translate from one condition to another.

PA What are the current research questions you are trying to address?

DOS First of all, we are still working with Duodopa. When I moved from the University of Calgary to the University of Alberta, one of the first research programs I started was to look at whether Duodopa helps patients

to control symptoms of Parkinson disease. We have been able to translate that to a clinical program in Edmonton so any patient with advanced PD who is interested can be considered for Duodopa Therapy. This is an alternative to surgery or to taking medications frequently during the day. I'm very happy that we have been able to institute a new program to improve treatment of patients with Parkinsons, and now they have started doing it in Calgary as well.

Currently, I'm continuing to do some research with other treatments – looking at how to treat motor symptoms better, non-motor symptoms, and how to treat Dyskinesias better. The second part of it is to look at neuroprotection. By that, I mean, to see what compounds may slow down progression of Parkinson disease and we are just starting a new study. We are looking for individuals who have just been diagnosed with PD who may want to try a new neuroprotective therapy.

PA What does neuroprotective mean?

DOS It means that it slows down progression of symptoms of Parkinson's. It may be a medication. It may be exercise. But right now, we are looking at a specific medication that has been used to control blood pressure that we think, or at least on animal models, looks very promising in slowing down Parkinson's symptoms.

PA Any words of advice for people affected by Parkinson disease as research moves forward?

DOS I think it's important that people with Parkinson's participate in research. Unless we get the participation, we can't do the clinical work and we can't find the improved treatments. I also think to consider donating to the organizations that fund research whether it's provincially or nationally or internationally. I think more funding is more important.

PA Are there clinical research trials that happen through all the different stages of Parkinson's? I wonder if sometimes when people get to an advanced stage of Parkinson's they maybe don't see a reason to participate. Are there still opportunities available for them?

DOS Yes. For example, right now, we have three potential research trials: One for just diagnosed individuals to see if we can slow down progression; one for people in the moderate stages to see whether we can decrease Dyskinesia and wearing off; and, a third for more advanced patients to try different treatments to see if we can improve their symptoms. Typically, we do have research opportunities for people in all stages of the condition.

PA So there is still hope truly for ALL people with Parkinson's to be involved in clinical research trials and to contribute to the future of Parkinson disease.

DOS Absolutely.

PA On a more personal note; what do you enjoy most about your research and your job?

DOS I enjoy working with the patients. And I think participating in clinical research gives them hope that not only may they be helping their symptoms, but that their efforts may be helping individuals who may get Parkinson disease in the future. Working with people with Parkinson's and being able to help them, that is the most rewarding.

Dr. Suchowersky's interview can be read in its entirety on our website (www.parkinsonalberta.ca) where she speaks to the difference between clinical and basic research, current clinical trials and interesting research on the horizon.

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

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

PARKINSON ALBERTA'S WEBSITE GETS A MAKEOVER

Following feedback from clients and stakeholders, Parkinson Alberta is proud to introduce our newly designed home page and regional sections on our website. The new design and addition of the regional information section, "What's Happening in Your Region?" is aimed at improving the online experience for our clients.

Our website is designed to be one of your greatest sources of information on Parkinson disease and the activities we offer across the province of Alberta. As such we will continue to add more content pages and functionalities to provide you with the best, most up-to-date information in a timely and easy-to-use format.

Some of the new features on our homepage include:

The screenshot shows the Parkinson Alberta website homepage. At the top, there is a navigation bar with links for Home, About Us, Our Mission, Our Support, Get Involved, and Research. A prominent yellow 'Donate Now' button is located on the right side of the header. The main content area features a large, colorful banner with a red curtain and the date 'May 23, 2015'. To the right of the banner is a sidebar with the heading 'Do You Like Surprises? We Do!' and a 'Read More' button. Below the banner is a grid of nine large blue buttons, each with an icon and a link: 'What's New on the Web?' (Read More), 'News' (Read More), 'PD Resources & Information' (Read More), 'Focus of Parkinson's' (Read More), 'Ask the Experts' (Read More), 'Ask the CEO' (Read More), 'Step 'n Stride' (Read More), 'Get Involved' (Read More), and 'The Bucklebox Centre' (Read More). To the right of the grid is a sidebar titled 'Regional section to help you find out "What's Happening" in your area in a user-friendly fashion!'. At the bottom right is a Twitter feed with several tweets from the Parkinson Alberta account. A blue box on the left side contains the text: 'Our scrolling banner lets you know what we're currently talking about or promoting!', with an arrow pointing to the banner. Another blue box at the bottom left contains the text: '9 large buttons to take you directly to our most popular pages on the website!', with an arrow pointing to the grid of buttons. A blue box at the top right contains the text: 'PD Helpline Number for easy reference', with an arrow pointing to the helpline number '1-877-243-9992' in the header. A blue box at the bottom right contains the text: 'Our Twitter feed is a great way to keep tabs on up-to-the-minute happenings in PA, research & the Parkinson community!', with an arrow pointing to the Twitter feed.

Each of our eight Regional sections includes local contact and staff information; as well as region-specific programming and event offerings. These offerings and opportunities are divided into four categories:

» **Programs**

Parkinson Alberta offers a variety of programming opportunities for people with Parkinson disease, their care partners and families, and health care professionals. Our programs fall into four categories: PD & the Arts, PD & Education, PD & Movement, and PD & Social; all designed to help people living with and affected by Parkinson's lead a healthy and active life! Programs are listed in chronological order.

» **Support Groups**

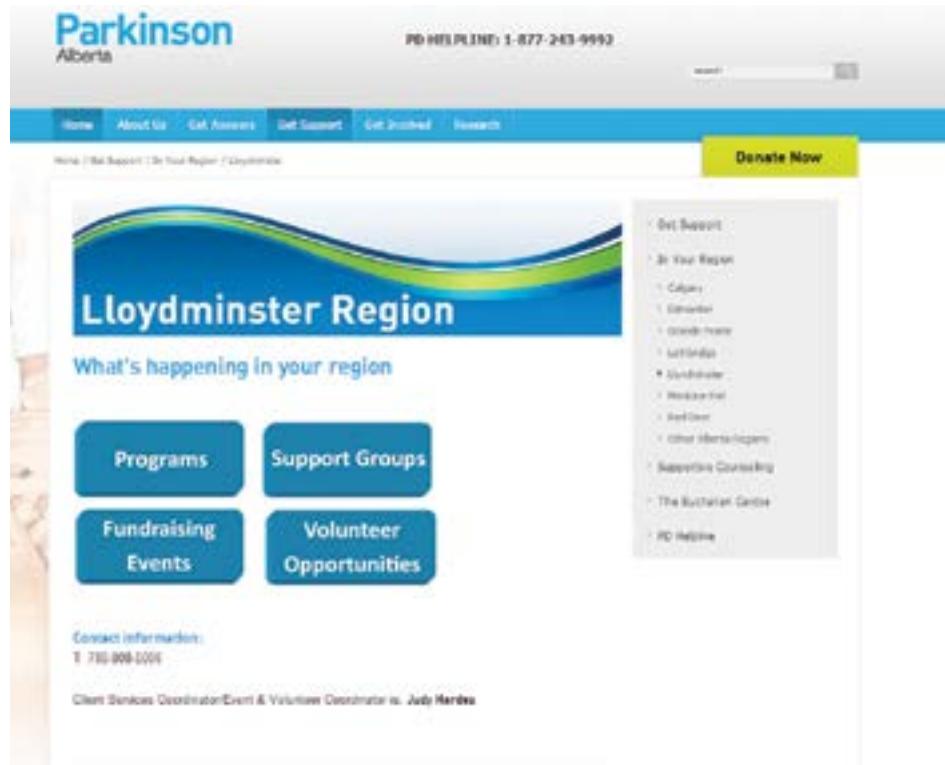
Parkinson Alberta provides support and education to those with Parkinson disease, their family members, friends and care partners via our 37 support groups. Support groups take place monthly from September through June.

» **Fundraising Events**

Parkinson Alberta hosts many fundraising events throughout the year. Through our fundraising efforts, we raise the funds necessary to continue offering the highest quality of direct Parkinson's support services, programming, education and information for Albertans. Fundraising also allows us to make valuable contributions to research into treatments, a cause, and hopefully, a cure for Parkinson disease. Fundraising events are listed in chronological order.

» **Volunteer Opportunities**

Every year hundreds of volunteers lend Parkinson Alberta their greatest gifts of time, talent and resources to help us ensure that no Albertan has to face Parkinson disease (PD) alone. Our volunteers are clients and their families, students, retirees, individuals and companies who believe that together we can make a difference in the lives of those facing PD. Volunteer opportunities are listed in chronological order.



If you have any questions or comments you would like to make in regards to the website, please email communications@parkinsonalberta.ca. We would be happy to hear from you.

NEWS + updates

- » PA Medicine Hat Office has launched Community Coffee Connections – a free session designed to provide community members information and education on a variety of topics. The session runs the 3rd Wednesday of every month from 2-4PM at the Office. Call PA Medicine Hat Office for more information 403-526-5521.
- » Steady & Go! Balance and Mobility Program returns to Calgary beginning March 10 and running for 6 weeks. Facilitated by physiotherapists experienced in the treatment of PD, this program is designed to help your mobility and balance and will provide people with PD an opportunity to learn and safely practice exercises that will increase confidence & lower body strength, improve functional mobility & balance, and reduce the risk of falls. This is not a drop-in program, registration is required please call 403-243-9901.
- » Parkinson Alberta is pleased to announce the addition of a new support group in Innisfail. This new support group will take place the 1st Wednesday of every month (September through June) from 1:30 – 3:30PM at the Church of Nazarene (4904 – 48 St). Covering the Innisfail, Bowden, Penhold and Caroline 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 Red Deer Office for more information 403-346-4463.
- » Education Days are taking place again this April in Red Deer and Medicine Hat for Parkinson Awareness Month. Join us in one of these communities for enlightening presentations from a variety of speakers. Be sure to visit our website parkinsonalberta.ca for more information as it becomes available.
- » Living with Parkinson's can be challenging. Join us in Edmonton starting March 11. Running for 6 weeks the Better Choices, Better Health Workshop will help you cope with the demands of Parkinson's, while enjoying the best quality of life possible! Topics include medication management, dealing with emotions, problem-solving, getting better sleep, goal setting, how to handle fatigue and more! This is not a drop-in program, registration is required. Seating is limited to 16, with a minimum of 8 required. Please call 780-425-6400 to register or for more information.
- » PA Edmonton Office would like to offer participants a chance to exercise their vocal chords and have some fun at our popular PD & Singing Program. Research indicates that singing can help improve some of the speech problems commonly associated with PD. Join us Mondays starting March 2 from 10:00-11:00am. We will require sixteen participants in order for this program to run. Please call 780-425-6400 for more information or to register by Wednesday, February 25!

Parkinson Alberta's Annual General Meeting will take place on Saturday, May 23 in Calgary.

Thank you supporters

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.



Canada Innovation



United Way

SUPPORT GROUPS

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

ALBERTA		1-800-561-1911 (toll-free)
TELE-SUPPORT GROUP		
3 rd Thursday of the month	10:00 am – 11:30 am	Advance registration is required to receive call-in instructions & a passcode; call the above number.
CALGARY REGION		
AIRDRIE		Tanya Good/Kate Tuff 403-243-9901
3 rd Monday of the month	10:00 am – 11:30 am	Cam Clark Ford – 1001 Highland Park Blvd
CALGARY		
1 st Monday of the month	10:00 am – 11:30 am	Hope Lutheran Church – 3527 Boulton Rd NW
1 st Thursday of the month	10:00 am – 11:30 am	Hope Lutheran Church – 3527 Boulton Rd NW
2 nd Monday of the month	10:00 am – 11:30 am	McDougall United Church – 8516 Athabasca St SE
3 rd Monday of the month Care partners	1:30 pm – 3:30 pm	McDougall United Church – 8516 Athabasca St SE
4 th Monday of the month	1:30 pm – 3:30 am	PA Calgary Office – 102, 5336 Bubank Cres SE
4 th Monday of the month Young Onset	7:00 pm – 8:30 pm	Hope Lutheran Church – 3527 Boulton Rd NW
COCHRANE		
2 nd Thursday of the month	10:00 am – 11:30 am	St. Andrew's United Church – 128 – 1st St E
NANTON		
4 th Thursday of the month	10:00 am – 11:30 am	St. Cecilia's Catholic Church – 2308 – 19th St
EDMONTON REGION		780-425-6400
CAMROSE		
1 st Wednesday of the month	4:30 pm – 6:30 pm	Fire Hall – Mt Pleasant Dr.
EDMONTON		
1 st Wednesday of the month	1:00 pm – 3:00 pm	Rutherford Heights – 949 Rutherford Rd
2 nd Thursday of the month Care partners	5:00 pm – 7:00 pm	PA Edmonton Office – 102, 11748 Kingsway
3 rd Wednesday of the month	7:00 pm – 9:00 pm	PA Edmonton Office – 102, 11748 Kingsway
3 rd Thursday of the month	1:30 pm – 3:30 pm	Providence Renewal Center – 3005 – 119 St
4 th Wednesday of the month Young Onset (under 50 years)	6:30 pm – 8:30 pm	Locations vary – Please call PA Edmonton Office
SHERWOOD PARK		
2 nd Tuesday of the month	1:00 pm – 3:00 pm	Bethel Lutheran Church – 298 Bethel Dr
SPRUCE GROVE		
4 th Thursday of the month	6:30 pm – 8:30 pm	Pioneer Centre – 301 Jesperson Ave
ST. ALBERT		
3 rd Tuesday of the month	1:00 pm – 3:00 pm	St. Albert S55+ Club – 7 Tache St
WESTLOCK		
Last Monday of the month	1:30 pm – 3:30 pm	Room 140, Provincial Bldg – 2, 10003 – 100th St

SUPPORT GROUPS

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

GRANDE PRAIRIE REGION			Kristeva Dowling 780-882-3262
GRANDE PRAIRIE			
2 nd Tuesday of the month	2:00 pm – 4:00 pm	Wildrose Manor – 9358 – 70th Ave	
3 rd Monday of the month Care partners	1:00 pm – 2:30 pm	PA Grande Prairie Office – 103, 10901 – 100th St	
LETHBRIDGE REGION			Brian Treadwell 403-317-7710
LETHBRIDGE			
3 rd Thursday of the month	2:00 pm – 3:30 pm	Lethbridge Senior Citizens Org. – 500 – 11th St S	
RAYMOND			
3 rd Wednesday of the month	2:00 pm – 3:30 pm	Prairie Ridge Centre – 328 Broadway S	
TABER			
2 nd Wednesday of the month	2:00pm – 3:00pm	Taber Public Library – 5415 – 50 Ave	
LLOYDMINSTER REGION			Judy Hardes 780-808-5006
LLOYDMINSTER			
4 th Tuesday of the month	2:00 pm – 4:00 pm	Southridge Community Church – 5701 – 41 Street	
WAINWRIGHT			
2 nd Tuesday of the month	2:00 pm – 4:00 pm	Provincial Building – 810 – 14th Ave	
MEDICINE HAT REGION			Beth Metcalf 403-526-5521
BROOKS			
		Please call PA Medicine Hat Office for more info	
MEDICINE HAT			
2 nd Tuesday of the month Care partners	1:00 pm – 3:00 pm	Locations vary – please call PA Medicine Hat Office	
2 nd Wednesday of the month Men with PD	12:30 pm – 2:00 pm	Houston Pizza – 26 Strachan Court SE	
4 th Tuesday of the month	1:30 pm – 3:30 pm	Kinplex Social Room – 2055 – 21st Ave SE	
RED DEER REGION			Marilynne Herron 403-346-4463
CASTOR			
4x/year - Next grp in February	TBD - please call	Paintearth Lodge – 4501 – 55 Ave	
INNISFAIL			
1 st Wednesday of the month	1:30 pm – 3:30 pm	Church of the Nazarene – 4904 – 48 St	
LACOMBE			
4 th Wednesday of the month	1:30 pm – 3:30 pm	Wolf Creek Community Church – 4110 Hwy 12	
OLDS			
2 nd Wednesday of the month	1:30 pm – 3:30 pm	Sunrise Village – 5600 Sunrise Cres	
RED DEER			
3 rd Wednesday of the month	1:30 pm – 3:30 pm	Davenport Church of Christ – 68 Donlevy St	
THREE HILLS			
		Please call PA Red Deer Office for more info	

APRIL PARKINSON AWARENESS MONTH



Last Look PARKINSON AWARENESS MONTH

Last April, Parkinson Alberta had one of our most successful Parkinson Awareness Month campaigns ever! We did television, radio and newspaper interviews across the province; had billboards in Calgary, Edmonton, Grande Prairie, Medicine Hat & Lethbridge; and had proclamations signed in Fort Saskatchewan, Wainwright and Grande Prairie. We held in-services, hosted Awareness displays, and touted our tulips across the province.

We also had great corporate support from:

- » Weenie Hot Dogs & Macaroni in Medicine Hat who donated \$1 from every "Tremor Dog" sold during the month of April
- » Grande Prairie's Western Event Rentals had us on the Charity Corner for the entire month of April
- » Wild Rose Brewery in Calgary donated \$0.25 from every pint of IPA sold during the month of April
- » Red Deer's Servus Credit Union hosted a Jeans-to-Work Day for Parkinson Awareness Month

As well as the media support from:

- » Television – Global Calgary, Global Edmonton, Global Lethbridge, and CityTV/Breakfast Television Edmonton
- » Radio – Country 95 (Lethbridge), 96.3 Reach FM (Grande Prairie), 660AM (Calgary) and Mix 107.9 (Fort Saskatchewan)
- » Newspaper – Grande Prairie Herald Tribune, Medicine Hat News and Lethbridge Herald

This April help us raise awareness for Parkinson disease – host an event, get your company involved, tweet about us, volunteer, purchase a tulip or make a donation to Parkinson Alberta. Help us help those living with and affected by Parkinson disease live better every day! Contact your Regional PA Office or email communications@parkinsonalberta.ca to find out how you can make a difference today!

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.

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: _____



April is Parkinson's Awareness Month and we kick it off with our annual Parkinson Alberta Grows Tulip Campaign!

Our tulips come in a prettily wrapped pot; and best of all the bulbs can be replanted in the fall for a beautiful reminder in the spring.

You can pre-order your pot(s) today for pick-up this spring!



Parkinson Alberta

Would you like to see your company ad in the **Parkinson Pulse**?

Advertising rates and opportunities are available.



Contact:

Brandi LaBonte
communications@parkinsonalberta.ca
780-425-6400 ext 225

April is **Parkinson** Awareness Month

Help us make every day better for those
affected by Parkinson disease

To find out how you can help, visit parkinsonalberta.ca or call 1-800-561-1911.

A photograph of a smiling senior couple looking up at the sky. The woman, on the left, has short blonde hair and is wearing a dark blue top. The man, on the right, has white hair and is wearing a light pink button-down shirt. They are both smiling and looking upwards against a bright, cloudy sky.