

Parkinson PULSE

Connecting people living with Parkinson disease in Alberta



What Can I Do to Manage Parkinson Disease?

Cover Story P.6

What Can I Do to Manage
Parkinson Disease?

Brain Games... P.9

Cognition & Parkinson

2017
Hope Conference
Your Tools for Living Well
with Parkinson's



Hope

Research



Knowledge



SAVE THE DATE
SATURDAY, MAY 27

Calgary
Thornclyffe Greenview Community
Association

Edmonton
Central Lion's Recreation
Centre

Grande Prairie
Elk's Hall

Medicine Hat
Holiday Inn
Express

Lethbridge
Lethbridge Senior
Citizen Organization

Lloydminster
Southridge Community
Church

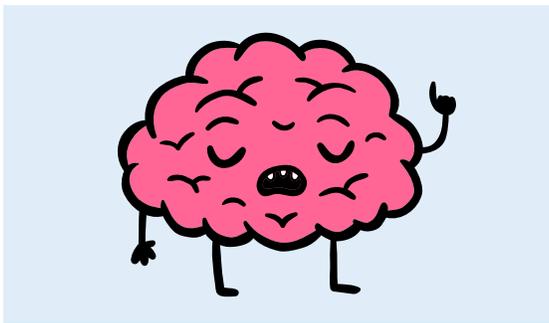
Red Deer
Davenport Church
of Christ

**DETAILS AVAILABLE ON
OUR WEBSITE NOW!**

WWW.PARKINSONALBERTA.CA/HOPECONFERENCE



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Winter 2017

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April is Parkinson Awareness Month

Parkinson

Alberta

Parkinson Alberta is the voice of Albertans and their families living with Parkinson disease. Our purpose is to ease the burden through advocacy, education, client services and find a cure through research.

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T 403-243-9901

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Parkinson Alberta Lethbridge Office

1254 – 3rd Ave S
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T 403-317-7710

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101, 928 Allowance Ave SE
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Parkinson Alberta Red Deer Office

102, 4918 – 46 St
Red Deer, AB T4N 1N2
T 403-346-4463

Parkinson Alberta Lloydminster Region

T 780-808-5006

Please visit our website:
www.parkinsonalberta.ca/aboutus
to view our staff and board list.

Parkinson Pulse is available (both past and present issues) as a free download via our website. Hard copies are available for mail out to current Members who wish to receive one.

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

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

*Advertising rates and
opportunities
are available.*

Contact:
Brandi LaBonte
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780-425-6400



Articles and information contained in the Parkinson Pulse are provided solely for the readers' interest. Articles do not necessarily reflect the views of Parkinson Alberta and are NOT intended as medical advice. Please consult your doctor or neurologist in all matters relating to health concerns or medication.

From the Desk of **THE CEO**

Happy new year! The Board of Directors, Staff and I are excited to begin another year of helping people live well with Parkinson disease. Last year was not a year without challenges for Albertans as a whole as well as Parkinson Alberta. A devastating fire in Fort McMurray and an economic crash that left many without jobs and fearful for their future made for a very gloomy 2016.

Devastation, uncertainty and fear are emotions that many Albertans who have been or who have a loved one who has been diagnosed with Parkinson disease are intimately aware of. Whether you and/or your family have experienced a diagnosis recently or you have been on the Parkinson's journey for a while now there are elements of the unknown that can have you feeling lost and hopeless. Parkinson disease can absolutely seem daunting.

Health care systems are not always designed with the Parkinson's patient in mind; and often times little is done to empower people living with and affected by Parkinson disease to take charge of their health and well-being. This is not to say that there aren't neurologists, general practitioners, nurses, physios and other health care professionals who aren't "in your corner" and "on your side". It is the system that is overburdened; and with a Parkinson's population on the rise that demand for support and services will not lessen.

With economic challenges in Alberta it has never been more important for you to be an active participant in your own "living well". And I'm here to tell you that there is hope and there is help.

At Parkinson Alberta we strive to provide opportunities to help you not only live well with Parkinson disease, but to be proactive in managing this chronic condition. From core services like one-on-one and family supportive counselling to support groups. From educational opportunities like our Hope Conference (page 19) to the speaker series and webinars we host.

We work with researchers to let you know what is going on in the various fields of study and about clinical trials that you can participate in (page 16). Our Client Services Coordinators work diligently to establish programs be it our own or through one of our many partnerships to keep bodies moving, voices and minds strong, and apathy,

isolation and depression at bay. You can read more about the rationale and science behind our cognitive (page 9), speech and voice (page 8), and social (page 15) programming throughout this issue. The benefits of physical activity can be found in our Summer 2015 issue available online.

Success in living well with Parkinson disease can come from the development of a plan; one in which YOU determine what your goals are as an individual and/or a family and then set in motion a plan to achieve them. We can help with that. In addition to offering the support, educational and programming opportunities; we also have access to a wealth of information and community resources to help you not only determine your goals, but set you up for success in achieving them. Consider what goals you would like to realise and speak with your Client Services Coordinator to start developing a road map for your Parkinson's Journey.

Taking a look forward to the year ahead we've got a lot going on in terms of fundraising initiatives. Our sip sample support events return for their 2nd, 3rd and 4th years respectively in each Edmonton, Medicine Hat and Calgary. Our Parkinson's Tulip Golf Tournament is in its 26th year, while our Fund Development Team has something new in the works with their Chicken Wing Challenge! Our beautiful and popular Tulip Campaign blooms this spring in conjunction with Parkinson Awareness Month. And, this year we will celebrate **five years** of Step 'n Stride and it is our goal to make the 2017 Flexaire Step 'n Stride one to remember!

I encourage you to stay connected to Parkinson Alberta, to keep up to date with everything we've got going on, on the research front. It is bigger than you've ever seen.

As we head into 2017 we will continue to look for new and innovative ways to help you live well, showcase research, raise funds and our profile. I can't wait to see what we can accomplish together!



John Petryshen, CEO
Parkinson Alberta

THE OPPORTUNITY OF A LIFETIME

By: Anita Hegg

Sometimes life presents us with opportunities to be involved with something wonderful, and it is not until after we have experienced that possibility that we realize the real reason we are meant to fulfill it. In my case, participating in Parkinson Alberta's Brighter Day Program was the opportunity life threw my way.

When first hearing "Brighter Day Program," I was unaware exactly what it was and needed to learn about what it entailed. The program is one where Medicine Hat College and Parkinson Alberta work hand in hand together, taking students from different programs such as the Social Work Diploma and the Bachelor of Nursing and allowing them the chance to interact with people who are living with Parkinson disease. I am currently in my second year of the Bachelor of Nursing Program, and for our Community Clinical, we are assigned placements in the community - mine was with Parkinson Alberta.

I did not realize how ignorant I was to what Parkinson disease was and how it affected people until I began to do research in regards to it. In the time I spent researching, I learned that I knew almost nothing about Parkinson's. I felt ashamed that I was in a nursing program and did not know about the second most neurodegenerative disease in the world.

It was through the Brighter Day Program that I learned more about Parkinson disease. I was fortunate enough to have many different interactions with people who had Parkinson's and hear their personal stories. These individuals, all with various stages of the disease, shared with my clinical group and I the accomplishments and heartaches they had encountered while battling Parkinson's. It was also

through the Brighter Day Program that we had the chance to go the Lethbridge University to see what research was currently active in regards to Parkinson's and the positive impact of exercise and music on individuals with the disease.

What I gained through this opportunity is something that not only will I have for the rest of my life, but something I will never forget. At the end of my clinical placement with the Brighter Day Program, I felt that I could not just walk away, but that I needed to be more involved. Thanks to this unique and amazing program, not only am I, but my children as well, are now on our way to being volunteers with Parkinson Alberta in Medicine Hat. Thank you to all those who took the chance to share your stories with me---you truly are amazing individuals.

The Brighter Day Program

(BDP) is a unique program between Parkinson Alberta (PA) and post-secondary education institutions across Alberta. This incredible community partnership provides invaluable learning opportunities for post-secondary students to be educated on Parkinson disease first hand via a series of visits to PD clients and care partners. If you would like further information or would like to sign up to participate please contact one of our offices.

GET CONNECTED, STAY CONNECTED

*to the Help You Need to Manage
Parkinson Disease*

Parkinson Alberta is committed to ensuring no Albertan has to face a Parkinson disease diagnosis alone. Recognizing that not everyone can physically access our offices or traditional support groups, Parkinson Alberta offers a variety of ways to get engaged and get the help and support you need to live better with Parkinson disease regardless of where you live in the province.

PD HELPLINE

Parkinson Alberta's PD Helpline is a toll-free, confidential service for Albertans with Parkinson disease (PD), their care partners and family members, as well as healthcare providers. Working together with you, we can help you and/or your loved one live with PD in a better way. Whether it is providing information, answering questions, 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.

1-877-243-9992

WEBSITE

Our website is designed to be one of your greatest sources of information and support for Parkinson disease. From frequently asked questions and archived copies of our quarterly magazine; to the latest in research and current programming and educational opportunities, we make sure you are connected!

www.parkinsonalberta.ca

TELE-SUPPORT GROUP

Pick up your phone to connect to the support you need right from your couch or kitchen table! Join our tele-support group to talk with others across Alberta about living with Parkinson disease.

- Learn up-to-date information regarding Parkinson disease
- Find out about resources available in your area
- Share common experiences, issues and solutions
- Ask questions in a safe environment

Our Tele-Support Group takes place via a conference call the 3rd Thursday of every month from 10:00am – 11:00am. If you have questions or would like to register, please call Parkinson Alberta toll-free at **1-800-561-1911**. Once you are registered you will receive call-in instructions on how to participate!

ASK THE EXPERTS

This unique online feature gives you the opportunity to ask medical questions about the day-to-day management of Parkinson disease. Our team of experts in neurology, neurosurgery, nursing and physiotherapy will respond. Be sure to visit the "View Answers" section to browse other questions and answers.

PD RESOURCES & INFORMATION

Parkinson Alberta is pleased to offer free downloadable 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. As always, be sure to speak to your physician about your PD.

WHAT CAN I DO TO MANAGE PARKINSON DISEASE?



Living with Parkinson disease, be it as a person diagnosed or a spouse, loved one or care partner, can be challenging and overwhelming. There are things you can do to feel more in control, feel supported and ultimately live well with Parkinson's.

Parkinson Alberta can offer strategies, opportunities and resources to help you improve function and adapt to changes brought on by Parkinson disease. From support groups and one-on-one/family supportive counselling to education sessions and programming options for both people with Parkinson disease and family members, we aim to help you stay connected, get informed, and take a proactive role in managing Parkinson disease.

Support Groups

Living with or caring for someone with Parkinson disease can sometimes be overwhelming. Whether you are a care partner, newly diagnosed or have been "in the trenches" for a while, there can be questions, struggles and/or feelings of isolation. There can also be a desire to learn more, to share experiences and to be a part of a community. Our support groups are led by one of our Client Services Coordinators who will ensure you have access to the most up-to-date information on programs, services, events and other important happenings. Our Support Groups, including our unique Tele-Support Group, are listed on [pages 17 and 18](#).

One-on-One & Family Supportive Counselling

The intent of supportive counselling is to help you feel in control of your situation, to find strategies for better management and to provide information on community resources that will assist in your journey with Parkinson disease. We provide a confidential environment where you can discuss Parkinson's concerns, get answers to questions and support to move forward.

There are a variety of ways in which you can access this essential support – visit us in our offices, give us a call; or we can come to you where you are most comfortable. To schedule an office or home visit please call your Regional Office. Prefer talking on the phone? Give one of our offices a call or call our toll-free PD Helpline at [1-877-243-9992](tel:1-877-243-9992).

Education Sessions

The aim of education is for people living with and affected by Parkinson disease to gain and/or improve knowledge, skills and confidence thus enabling them to take an increasingly proactive approach in managing Parkinson's in their daily lives. In order to accommodate this we host Speaker Series, webinars, Education Days and Hope Conferences as well as bringing in speakers to Support Groups.

Programming Options

Parkinson disease includes both motor and non-motor symptoms which can affect physical, cognitive, speech and swallowing; as well as have detrimental effects on social aspects of life. The good news is there are a variety of opportunities available both at Parkinson Alberta and in the community that can help address these issues. Taking a proactive approach to physical, cognitive, speech and swallowing, and social concerns can help maintain and/or improve certain issues in Parkinson disease for longer periods of time.

NEWS

+ updates

- » **CORRECTION:** In our Fall 2016 issue of the Pulse, **PA Red Deer's** Flexxaire Parkinson Step 'n Stride total was inadvertently cut off. We are pleased to announce that the Red Deer Region raised \$29,200 at the 2016 Walk!!
- » **PA Medicine Hat Office** and SHAW TV's Community Access Program are pleased to host an on air Parkinson's televised segment designed to reach out to people living with Parkinson's in the Medicine Hat Region! You can find these videos linked on our Facebook page or on YouTube at ShawTVMedicineHat.
- » **PA Grande Prairie Office** hosts educational webinars every other month. The next one will be held on March 7th at 11:00am and the topic will be "Diagnosis PD, Now What? - Managing the First Few Years with Parkinson." For more information call the Office at 780-882-6640.
- » **PA Edmonton Office** hosts a monthly Young Onset & Young at Heart PD Social Night on the 4th Monday of every month from 6:30pm – 8:30pm. From bowling to board games this casual evening is an opportunity for those with Young Onset PD and those with Parkinson's who are young at heart to get together for fun and frivolity. Care partners/spouses welcome! Locations vary, please call the Office at 780-425-6400 for more information.
- » Our **PA Lethbridge Office** is exploring the possibility of launching our popular PD & Boxing program. If you are interested or would like more information, please contact the Office at 403-317-7710.
- » **PA Lloydminster's** PD & Walking Program is a year-round activity to keep you active. Stay out of the elements and join others every Wednesday from 9:30am – 11:00am at Servus Sports Centre. The group usually meets for coffee at A&W South after walking!
- » **PA Calgary Office** will welcome Constable Carter Duchesney of Calgary Police Service on Thursday, March 30th from 1:00pm – 3:00pm to present a Speaker Series on How to be Fraud Aware & Cyber Secure. For more information or to register call the office at 403-243-9901.

Annual General Meeting Save the Date

Saturday, May 20, 2017 9:00 am
Calgary



I can't hear you, can you speak up!?

Conversation is a valuable and necessary part of daily living. It is the foundation of social interaction, remaining connected and keeping feelings of isolation and loneliness at bay. Speech and voice issues are common occurrences for people with Parkinson disease; with research indicating that 60-80% of those diagnosed will experience this problem. **“I can't hear you, can you speak up!?”** **“Can you repeat that, I don't understand what you're saying?”** Many people with Parkinson disease have been asked these questions and many a loved one or care partner has been the one posing the questions.

Parkinson disease affects the body's motor system, which means it affects the voice as well. From the diaphragm to the larynx to the face itself, a multitude of muscles are used in speaking. Though symptoms vary widely from person to person, the speech and voice symptoms most commonly demonstrated by people with Parkinson's are:

- **Reduced vocal loudness (soft voice or hypophonia),**
- **Monopitch (lacking the normal variation in inflection),**
- **Disruptions of voice quality, and**
- **Abnormally fast rate of speech**

This cluster of symptoms is often termed “hypokinetic dysarthria”.¹ These issues can happen at any time and tend to increase as Parkinson's progresses, but this does not mean that there isn't something one can do to help improve and maintain speech and voice for as long as possible.

Speech-Language Pathologists (SLP) are a high calibre resource as they can help with speech and voice issues (as well as swallowing issues – dysphagia). An SLP teaches techniques to help with both verbal and non-verbal communication and can recommend appropriate communication technologies that can assist in daily activities.

The Lee Silverman Voice Treatment (LSVT) program was developed in 1987 and has been scientifically studied for nearly 20 years. Data published from this research shows improvements in vocal loudness, intonation and voice quality for individuals with Parkinson disease who completed LSVT LOUD training, with improvements maintained for up to two years after the initial treatment.²

There is also a number of current and past research projects that have studied the benefits of singing for people with Parkinson disease. For example, research out of Iowa State University found that participants in a singing program (one hr session/week over eight weeks) showed significant improvement in pitch duration, vocal loudness, and swallow control after the two month research project.

Retaining the ability to communicate effectively is key to maintaining quality of life. If the above aren't options for you there are things you can do at home like singing or reading aloud every day, download an app on your computer or smartphone to help practice projecting your voice, drink water, and remember it's not about shouting, it's about projecting and taking the time you need to communicate.

¹ Darley FL, Aronson AE, Brown JR. Motor speech disorders. Philadelphia: W.B. Saunders Company, 1975.

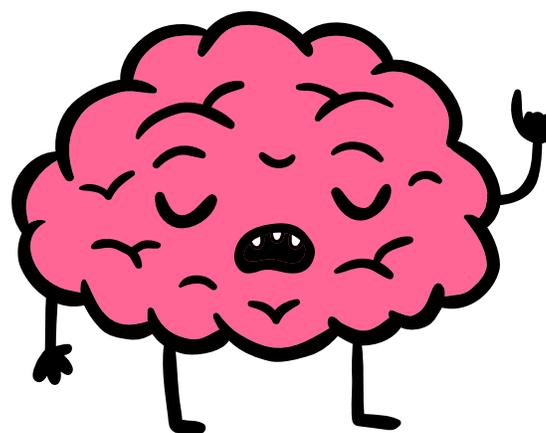
² www.lsvtglobal.com/patient-resources/what-is-lsvt-loud

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

What is Cognition?

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

For those with Parkinson disease, most retain their general intellectual ability and knowledge base as well as short and long-term memories acquired prior to the onset of Parkinson's. It should be noted that



Parkinson disease does not cause sudden changes in cognitive functioning and that those experiencing a sudden change should speak with their treating physician as the cause is likely to be something else, such as the side effect of medication, an infection, or a new neurological problem. It should also be noted that mild cognitive impairment in Parkinson's is different than Parkinson disease dementia.

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

» Executive Function

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

» Bradyphrenia

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

» Memory

Includes recalling information, learning and retaining new information. People with Parkinson disease can experience difficulties

in recalling information/memories, but in general, this function is less impaired than in those with Alzheimer's disease. When given cues and/or choices, people with Parkinson's frequently are able to recall more information.

» Language

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

» Visuospatial function

Includes distance/depth perception, sense of direction and mental imagery. Issues with this type of cognitive functioning can mean trouble putting together a puzzle, an inability to avoid obstacles in one's path thus leading to a higher risk of falls and driving concerns.

What Can You Do?

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

Exercise

While we all know that physical exercise is good for a bodies; many aren't aware that it is also good for the mind. Exercise positively affects the brain on multiple fronts including increased oxygen to the brain, the release of hormones that provide an environment for the growth of brain cells and stimulating brain plasticity by stimulating growth of new connections between cells in a wide array of important cortical areas of the brain.²

Reduce Stress

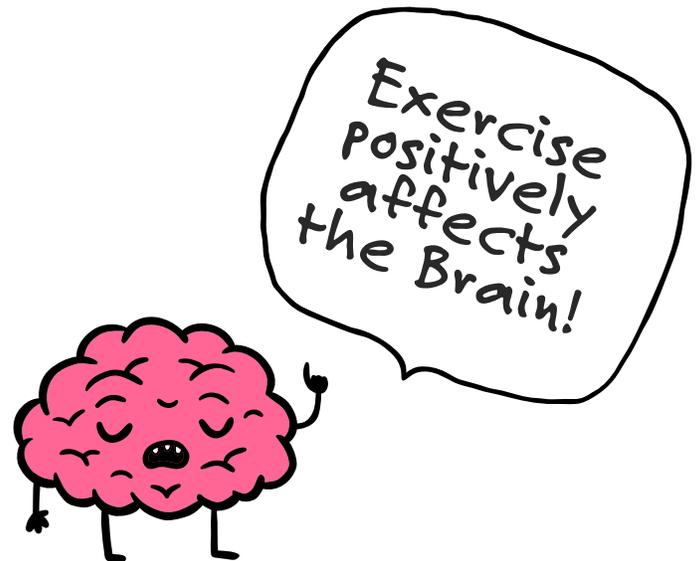
Stress can have a negative impact on learning and memory; so finding and integrating strategies to reduce stress (such as relaxation techniques, meditation and exercise) can be beneficial.

Keep Mentally Stimulated

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

¹ Improving Brain Function with Exercise, Connectedness and Creativity. Carter, J. http://www.pdf.org/en/summer09_brain_function

² Voluntary exercise increases axonal regeneration from sensory neurons. Molteni R, Zheng JQ, Ying Z, Gómez-Pinilla F, Twiss JL. Proc Natl Acad Sci U S A. 2004 Jun 1;101(22):8473-8.

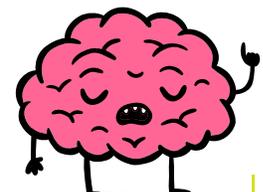


Be Social

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

Use Proactive Strategies in Daily Activities

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



Word Search

Find the words hidden in the grid of letters

H N E S O W D H O L I D A Y S G F
 S Q A M N L O S E L C I C I O N N
 O E I G O O S L L S B V J H U W F
 D C T C G F W L P W L E G I P O B
 B A Z A E O X M E W Z V K B G Z W
 L L A C K S B U A E O P G E K D J
 A P T H U S C O E N T N V R L S O
 C E W I N T E R T I R E S N O T L
 K R W W F P F M A D O C I A T N L
 I I G H X I S R M P A C N T S A R
 C F M I T T E N S R E J A I O P U
 E X H N O L I G F E G R P O R I H
 R F A R S K C O S L O O W N F K O
 H B M M C F M W L L A B W O N S J

ANTIFREEZE
 BLACK ICE
 COLD
 FIREPLACE
 FOG
 HIBERNATION
 HOLIDAYS
 ICE SCRAPER

ICICLES
 MITTENS
 SCARF
 SKATES
 SKI PANTS
 SLEET
 SNOW PLOW
 SNOWBALL

SNOWMAN
 SOUP
 STORM
 TOBOGGAN
 WINTER TIRES
 WOOL SOCKS

Large Print Word Search Puzzles
http://www.puzzels.ca/large_print_word_search.html
 Copyright © 2012 Livewire Puzzles

EVENTS

+ updates

UPCOMING EVENTS

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

2nd Annual sip sample support

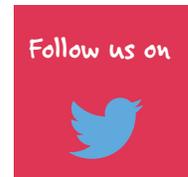
March 23, 2017 from 6:00pm – 9:00pm

Edmonton – Luxur Fine Cars

Join Parkinson Alberta and host, Luxur Fine Cars of Edmonton, for an evening of spirits, small bites, silent auctions and more in support of Albertans living with Parkinson disease. [Tickets available online and at the PA Edmonton Office \(780-425-6400\).](#)

2017 Parkinson Grows Tulip Campaign

This spring hope will bloom across the province as we once again undertake our annual tulip campaign! These beautiful red blooms are sure to brighten up any room and are available for \$8/pot. Staff are currently taking pre-orders and will also host a variety of location sales throughout the months of March and April. To find a sales location near you please visit our website at www.parkinsonalberta.ca/hopegrows. We are also looking for volunteers to help with our sales locations and deliveries. To pre-order your tulips or to volunteer [please contact your Regional Parkinson Alberta Office or call toll-free \(1-800-561-1911\).](#)



PAST EVENTS

In October 2016 our Calgary and Medicine Hat Offices held their 3rd and 2nd (respectively) annual sip sample support events. With new locations, new sponsors and an incredible array of wines, small bites and auction items both evenings were truly nights to remember. A combines \$20,000 was raised all in support of Parkinson disease.

2017 MEMBERSHIP



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!

Your \$25 Membership does have its benefits:

- » a paper copy of our quarterly magazine, Parkinson Pulse, mailed to you if you so choose;
- » a "Members" rate for many of our programs and events; and
- » voting privileges at our Annual General Meeting;
- » First time Members receive a FREE Aware in Care Kit!

TAX TIPS

Living with an impairment or disability can make life difficult. People with some disabilities may endure financial hardship due to additional health care costs; or, alternatively, may require additional support to maintain a healthy and “typical” standard of living. The good news is that there are services and programs available to Albertans to ease financial strain and help maintain a satisfactory quality of life.

Disability Tax Credit

Many people mistakenly assume that they are not eligible for the tax credits. To qualify for Disability Tax Credit in Alberta, one must have a physical or mental impairment that severely impacts their life and the ability to support one's self and one's family. Although one's disability or impairment may not qualify them for full benefits, a person may qualify for partial benefits. People who are over the age of 18 who care for someone with a physical or mental impairment also may qualify.

In order to qualify for the Disability Tax Credit, the disability or impairment must have been diagnosed and present for the past 12 months. Alternatively, the disability or impairment must be expected to last for at least 12 months. It is important to note that there is no penalty for applying; people are encouraged to apply even if they are unsure if they have a qualifying disability.

People who qualify for the Disability Tax Credit, are eligible for yearly savings. Most people who qualify for the tax credit realize a savings of \$1,600 per year.

Registered Disability Savings Plan The Canada Disability Savings Bond

- » Assists people with low to modest incomes
- » Qualified individuals are eligible for up to C\$1,000 per year with a limit of C\$20,000 over a lifetime

- » Contributions to the Registered Disability Savings Plan (RDSP) are required.

The Canada Disability Savings Grant

- » Qualified individuals receive a maximum grant of C\$3,500 per year, with a limit of C\$70,000 over a lifetime.
- » Contributions made to the RDSP are matched up to 300 percent.

Disability Supports Deduction

If you have an impairment in physical or mental functions, you can claim a disability supports deduction if you paid expenses that have not been claimed as medical expenses. Examples of expenses can include (with stipulations) attendant care expenses, devices or software and page turner devices.

Medical Expenses

Lines 330 and 331 of Schedule 1, Federal Tax return are where eligible medical expenses can be claimed. The list of eligible medical expenses is fairly large covering (with stipulations) everything from fees paid to medical professionals, to rehabilitative therapy, to drugs not yet approved for sale.

These opportunities are designed to help individuals maintain a typical lifestyle by easing financial burdens. There is no cost associated with the application process. A tax professional can help you decipher which options are best suited to your personal needs and which expenses you may be eligible to claim. By participating in programs, such as those listed, you may be able to realize significant tax savings that can greatly impact your ability to live well with Parkinson disease.

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

I would like my Parkinson Pulse Magazine mailed to me

Donation

Donations of \$20 and up will be receipted.

I wish to make a DONATION in the amount of: \$ _____

In Memory of _____ In Honor of _____

Please send 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: _____

THE HUMAN CONNECTION

Engaging with others and the world as a whole is one of the fundamental things that make us human. Call it human interaction, social engagement or just getting together with others; whichever wording you choose the act of engaging and communicating with others is essential to life and living well.

With Parkinson disease, the motivation to remain social and/or take part in social activities can be nonexistent. Physical limitations, speech and voice problems, feelings of embarrassment and frustration and, of course, apathy, anxiety and depression can make engaging in social interaction daunting and stressful. As a care partner, feeling as if one has to take on a myriad of additional responsibilities (from caring to bills or household chores) can make it seem as if the weight of the world is on your shoulders and finding time to indulge in social engagement seems trivial. These concerns and feelings can make it seem easier to “do nothing”, check out and “give in” to Parkinson disease symptoms. However, with Parkinson disease, be it as the person diagnosed or a loved one/care partner, this isn't necessarily the best thing to do.

Staying socially active, even in a limited capacity, can reduce feelings of isolation and depression, stimulate the mind and help maintain communication skills.

4 Keys to Staying Socially Engaged

1. Nurture and add to your social network

Make an effort to maintain your close personal relationships with family members and friends; and reach out to connect with new people. Research shows that people with, not necessarily large, but significant/solid social networks have a tendency to be happier and less inclined to feel isolated and/or depressed.

2. Engage in conversation

Whether it is a one-to-one discussion with a loved one/friend over coffee or dinner; a discussion with a child or grandchild about their day; or a group discussion at a book club, support group or other larger social gathering; engaging in conversation is a way to stay connected, gain new insights, and practice communication skills.

3. Get out of the house

Sometimes simply changing one's view can bring about a new perspective and provide a connection to a world beyond what is right in front of us. Going for a walk, attending church or a program, heading out to help with errands or simply having one's morning coffee at a coffee shop rather than at home can be small, manageable ways to combat feelings of isolation that can develop from prolonged solitude.

4. Participate in a group, club or program

Attending a group, club or program is a great way to meet new people, establish rewarding relationships, and not only receive, but offer information to others who may benefit from YOUR knowledge and experience. This can be a book or garden club, church choir, an exercise program, social gathering or a Parkinson's support group.



RESEARCH IN ALBERTA

Researchers around the world, including right here in Alberta, are working to identify and address various issues associated with Parkinson disease. Clinical trials are a key component of research and are at the core of all medical advances. One of the biggest challenges associated with research (besides funding) is a lack of participation. Oftentimes, studies may not even proceed due to a lack of participant enrollment.

People participate in research for a variety of reasons; however, the motivating factor for most is to help others and contribute to moving science forward. If you feel participating in a research study is something you are interested in, we encourage you to view the available opportunities to find out if there is a good match available for you. Please note that interested individuals are not necessarily guaranteed acceptance into a study.

STRENGTH, HOPE, AND RESOURCEFULNESS PROGRAM FOR PEOPLE WITH PARKINSON'S

The University of Alberta together with Hope Studies Central and the Movement Disorders Program are conducting a research study that sets out to use a positive psychology approach to:

- Identify personal strengths and find ways to use them
- Face the challenge of approaching life with Parkinson's from a hopeful perspective
- Learn about helpful resources in the community and beyond
- Share victories, struggles, ideas and fun with other people who have Parkinson disease
- Contribute to research that will help design effective mental health programs for people with Parkinson's

Who is eligible to participate in the study?

- Diagnosed with Parkinson disease within the last five years
- Those motivated to look at strengths and build hope in their lives
- Those willing to build relationships with others while sharing stories, ideas and activities in a supportive and safe space

What is required of the participants?

Your participation will involve:

- Attend a six (6) session Wellness Program held at Hope House on the University of Alberta Campus

- Complete a few short surveys about your general health and wellbeing
- You may be asked to participate in an interview with a researcher to talk about your experience

CAFFEINE HABITS, SMELL-ABILITY, AND PARKINSON DISEASE

Dalhousie University, Nova Scotia Health Authority and IWK Health Centre are recruiting participants for a MAIL-IN study of smell ability, caffeine intake, and Parkinson disease.

Who is eligible to participate in the study?

- 40-65 years of age
- In good physical health
- Have a Canadian postal address
- Have an email account
- Study will pay for postage and participants will receive a \$10 compensation for their efforts

Contact the research project directly for more information or to find out if you are eligible to participate in any of the research projects mentioned. Contact information is available on each individual project page on our website; visit www.parkinsonalberta.ca/callforresearchparticipants and click on your chosen research project.

SUPPORT GROUPS

While many of our Support Groups run monthly, September through June, some do run year-round or have summer dates. Please check your Regional section of our website for the most up-to-date information.

ALBERTA		1-800-561-1911
TELE-SUPPORT GROUP		
3 rd Thursday of the month	10:00 am – 11:00 am	Advance registration is required to receive call-in instructions & a passcode; call the above number.
CALGARY REGION		403-243-9901
AIRDRIE		
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 – 3:00 pm	PA Calgary Office – 102, 5636 Burbank Cres SE
4 th Monday of the month	10:00 am – 11:30 am	McDougall United Church – 8516 Athabasca St SE
4 th Monday of the month - Young Onset	7:00 pm – 9:00 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		
2 nd Wednesday of the month	3:30 pm – 5:30 pm	St. Andrews Anglican Church – 4713 – 50 St NW
EDMONTON		
1 st Wednesday of the month - South	1:00 pm – 3:00 pm	Rutherford Heights – 949 Rutherford Rd
1 st Thursday of the month - Care Partners	10:00 am – 12:00 pm	PA Edmonton Office – 11209 – 86 St NW
3 rd Wednesday of the month - Central	7:00 pm – 9:00 pm	PA Edmonton Office – 11209 – 86 St NW
3 rd Friday of the month - North	10:00 am – 11:30 am	Shepherd's Care – 12603 – 135 Ave
Feb 22 & Apr 26 - Young Onset (Under 50)	6:30 pm – 8:30 pm	PA Edmonton Office – 11209 – 86 St NW
Apr 13 - Parkinson Plus (PSP, MSA, CBD, etc)	10:00 am – 11:00 am	PA Edmonton Office – 11209 – 86 St NW
FORT SASKATCHEWAN		
4 th Tuesday of the month	1:00 pm – 3:00 pm	Pioneer House – 10102 - 100 Ave
PARKLAND (SPRUCE GROVE/STONY PLAIN)		
4 th Thursday of the month	6:30 pm – 8:30 pm	Rehoboth – 3920 49 Ave, Stony Plain
SHERWOOD PARK		
2 nd Tuesday of the month	1:00 pm – 3:00 pm	Bethel Lutheran Church – 298 Bethel Dr
ST. ALBERT		
3 rd Tuesday of the month	10:00 am – 12:00 pm	St. Albert 55+ Club – 7 Tache St
WESTLOCK		
Last Monday of the month	1:30 pm – 3:30 pm	Room 140, Provincial Bldg – 2, 10003 – 100th St

GRANDE PRAIRIE REGION		780-882-6640
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		403-317-7710
LETHBRIDGE		
3 rd Thursday of the month	2:00 pm – 3:00 pm	Lethbridge Senior Citizens Org. – 500 – 11th St S
RAYMOND		
Mar 21, May 16 & Sep 19	2:00 pm – 3:00 pm	Prairie Ridge Centre – 328 Broadway S
TABER		
2 nd Tuesday of the month	10:00 am – 12:00 pm	Taber Public Library – 5415 – 50 Ave
LLOYDMINSTER REGION		780-808-5006
BONNYVILLE		
May 2 & Aug 1	10:30 am – 12:30 pm	Neighborhood Inn (Boardroom) – 5011 – 66 St
LLOYDMINSTER		
4 th Tuesday of the month	2:00 pm – 4:00 pm	Southridge Community Church – 5701 – 41 Street
WAINWRIGHT		
1 st Wednesday of the month - Care Partners	7:00 pm – 9:00 pm	Provincial Building – 810 – 14th Ave
2 nd Tuesday of the month	2:00 pm – 4:00 pm	Provincial Building – 810 – 14th Ave
MEDICINE HAT REGION		403-526-5521
MEDICINE HAT		
2 nd Tuesday of the month - Care Partners	1:30 pm – 3:30 pm	PA Medicine Hat Office – 101, 928 Allowance Ave
2 nd Wednesday of the month - Men with PD	1:30 pm – 3:00 pm	PA Medicine Hat Office – 101, 928 Allowance Ave
4 th Tuesday of the month	1:30 pm – 3:30 pm	Crossroads Church – 1340 – 22 St SE
4 th Wednesday of the month - Women with PD	1:30 pm – 3:00 pm	PA Medicine Hat Office – 101, 928 Allowance Ave
RED DEER REGION		403-346-4463
CASTOR		
Apr 25	2:00 pm – 4:00 pm	Paintearth Lodge – 4501 – 55 Ave
INNISFAIL		
1 st Wednesday of the month	10:30 am – 12:30 pm	Church of the Nazarene – 4904 – 48 St
LACOMBE		
4 th Wednesday of the month	10:00 am – 12:00 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	10:30 am – 12:30 pm	Davenport Church of Christ – 68 Donlevy St
THREE HILLS		
Apr 4 & Jun 6	2:00 pm – 4:00 pm	Community Drop In Centre



Last Look

APRIL IS PARKINSON AWARENESS MONTH

Did you know that worldwide it is estimated that four to six million people suffer from Parkinson disease? Also, did you know that over 10,000 of those live right here in Alberta?

While we all know that Parkinson disease isn't just an April occurrence; the spotlight does shine a little brighter during this month and can be a great opportunity to increase awareness and make an impact that can be felt year-round.

Last year we lit towers and bridges, presented at the Legislature, ushered in spring with our Tulip Campaign, proclamations, corporate Alberta hosted fundraising events and individuals and families signed up to volunteer or make donations.

This year we are striving to make this one of the busiest and best Parkinson Awareness Campaigns in our history. Our calendar of events will be launched in March. If you've got an idea or want to get involved let us know by getting in touch with your Regional Parkinson Alberta Office or email:

Communications@parkinsonalberta.ca.



Here are some ideas to help get you started

Get your place of work involved...

- » Donate a portion of sales
- » Have employees donate money to dress down
- » Volunteer as a group to help with our Tulip Campaign

Host a fundraiser...

- » Porridge, pancakes, popcorn or pizza for Parkinson's (or something that doesn't start with the letter "p")
- » Undertake a bottle drive or garage sale

Get Social...

- » We'll launch our hashtags, social media images and banners in March to help raise awareness and spark a discussion about Parkinson disease

Step Up...

- » Register now for our annual Flexaire Parkinson Step 'n Stride Walk!

www.parkinsonalberta.ca/stepnstride



Research
Hope
Knowledge



2017 HOPE CONFERENCE

Your Tools for Living Well with Parkinson's

We invite you to join us on Saturday, May 27 for Hope Conference 2017! This incredible education and networking opportunity will take place across the province with each of our seven Regions hosting an event.

Whether you've attended one of our Hope Conferences before, or this will be your first time, we encourage you to register today to take part in this exciting event. We've arranged for speakers to deliver a wide range of topics to keep your "Living Well Toolbox" full of the most up-to-date knowledge, information and resources available.

Top 5 Reasons Why You Should Attend

1. Incredible Speakers

Though the speakers/topics will vary across the province, we can tell you we've got an impressive roster of Parkinson's experts and other health care professionals and community presenters lined up!

2. Add to Your Living Well Toolbox

Receive hands on, practical tools and strategies that can be implemented in your day-to-day life.

3. Exceptional Value

Consider this, if you were to consult with these presenters for advice it would require appointments, wait times and hourly rates. At Hope Conference you will receive hours of presentations and have the ability to ask questions with no wait times and at a fraction of the cost!

4. Networking Opportunities

Parkinson disease can often be isolating; Hope Conference provides an opportunity to learn and socialize in a friendly and fun atmosphere. You can make invaluable connections, gain new perspectives and spark inspiration at this one-day event.

5. It's Not Just for People with Parkinson's

Our speakers offer something for everyone – spouses/care partners, family members, health care professionals, community service providers, home care aides, and students. It is an opportunity for everyone to gain valuable knowledge to take back to family, work places and communities.

Don't miss this opportunity to gather together with the Parkinson's community for a chance to not only socialize, but to gather new insights and information, ask questions, and share your struggles and triumphs with others who truly understand what it means to be affected by Parkinson disease.

To find out more visit our website at <http://www.parkinsonalberta.ca/hopeconference>, call your Regional Parkinson Alberta Office or our toll-free number at **1-800-561-1911**.



*sip
sample
support*

thursday, march 23
luxur fine cars of Edmonton

*an evening of spirits, small bites, silent auction
and more in support of Albertans living with Parkinson disease*



COMING SOON



Walk Weekend is September 9 & 10, 2017

Join us this year as we
celebrate 5 years of Step 'n Stride!!

Online Registration Opens February 13, 2017
www.parkinsonalberta.ca/stepnstride





APRIL IS PARKINSON AWARENESS MONTH

Visit our website to find out how **YOU** can get involved and make a difference!

Parkinson
Alberta
grows

*These beautiful red blooms are
SURE to add a touch of spring
to any room.*

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

These beautiful blooms will also be available at various locations throughout Alberta in March and April. For more information please visit our website at www.parkinsonalberta.ca