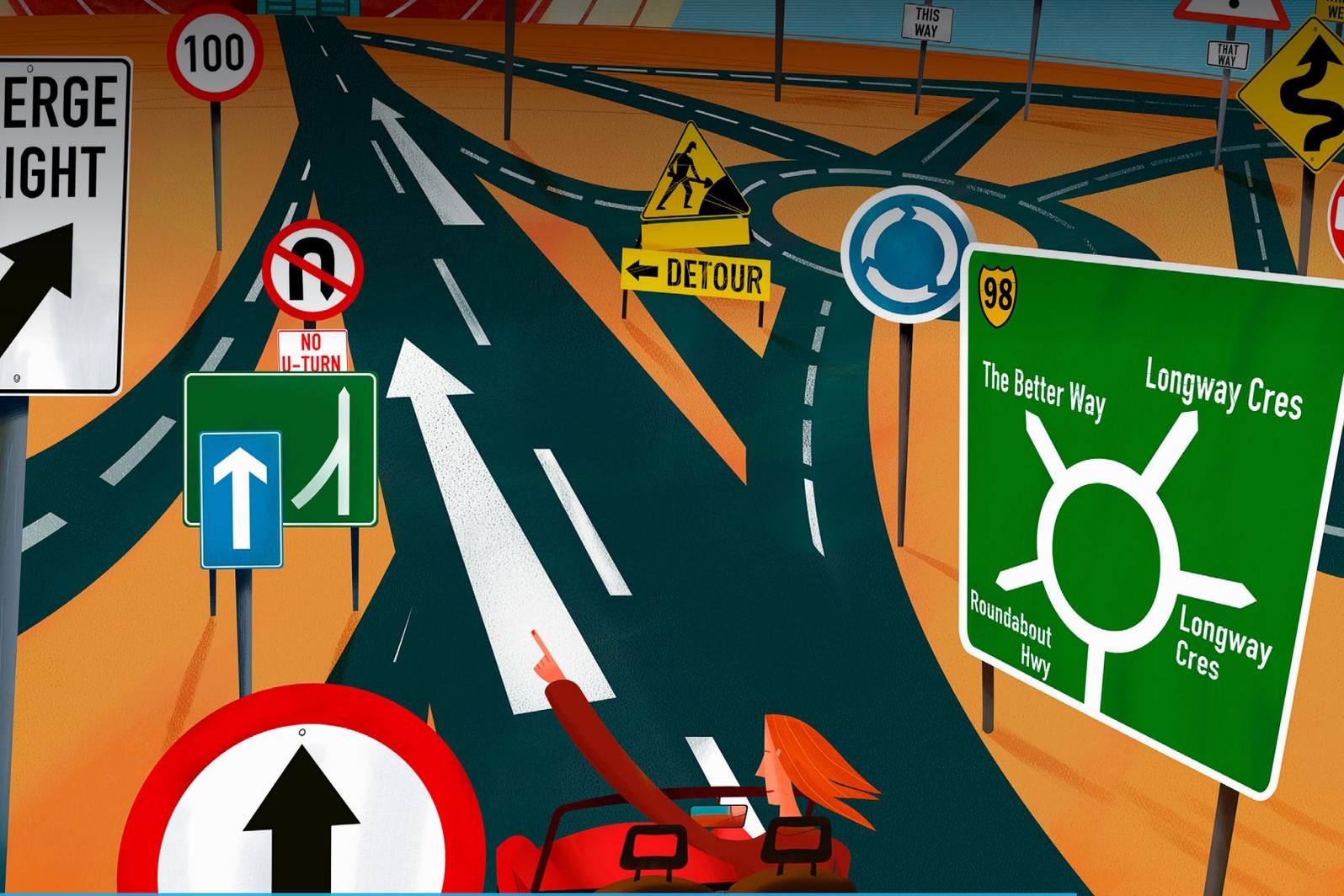


Parkinson PULSE

Connecting people living with Parkinson disease in Alberta



Navigating Parkinson Disease

Please note that all Parkinson Association of Alberta Offices will be closed **Monday, December 24, 2018** through **Tuesday, January 1, 2019**. We will return to regular operating hours on Wednesday, January 2.

We wish you & yours, a safe and happy holiday season!



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Fall 2018

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2018 Flexxaire Parkinson Step 'n Stride™



Parkinson Association of 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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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@parkinsonassociation.ca; or call us toll-free at **1-800-561-1911**.

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

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

Advertising rates and opportunities are available.

Contact:
communications@parkinsonassociation.ca



From the Desk of **THE CEO**

Many of you have heard members say that life with Parkinson disease or a Parkinson's Plus Syndrome is a journey. And, while the journey is ultimately different for everyone, each can come with its own unique hills to climb, turns and roadblocks. In addition to the challenges of the disease itself, there are other factors that play a role including (but certainly not limited to):

- if you are the person diagnosed or a loved one,
- if you live in a remote, rural, urban or suburban location, or
- if you feel you have a strong personal support network or are an army of one.

With a long and progressive history of working with people living with and affected by Parkinson disease and Parkinson's Plus Syndromes, Parkinson Association of Alberta is excited to announce that we are taking the next step in reimagining our current service delivery model to keep pace with the increasing demand and increasingly complex needs of our clients. By undertaking and implementing a new pilot project, the **PD Systems Navigation Program** (page 6), Parkinson Association will not only directly address quality of life issues in those affected by Parkinson disease and Parkinson's Plus Syndromes, but issues in physical/mental health and wellbeing in the community at large.

The ability to navigate Parkinson disease through all stages of illness in a streamlined and tailored manner remains a large unmet need for people with Parkinson's and their families. We have been diligently working with partners, stakeholders and health professionals in a myriad of fields (neurological/chronic disease, mental health and wellness, transportation, finance and government, to name a few) to ensure a comprehensive slate of resources and information (pages 9 & 12 as examples) is developed specifically to address the



changing/progressive needs of people living with and affected by Parkinson disease throughout their entire Parkinson's journey.

Parkinson Association is also on a journey, as we too must grow, adapt and change to meet the needs of the community we serve. Our journey is also done with the help of a team. We meet as a Board, as staff and with clients and stakeholders to discuss strengths, challenges, where we've been, where we are, and where we are going. All to help shape not only the future of Parkinson disease and Parkinson's Plus Syndromes in Alberta, but Parkinson Association of Alberta's role in helping to create that brighter future.

However, the shaping of a brighter future does not come without the funding to do so. Staff have been hard at work with events, grant writing and preparing to send out PAA's Annual Gift Campaign letter.

I am pleased to announce that with the dedication and engagement of our walkers, their supporters, and our sponsors and volunteers, the 6th Annual Flexxaire Parkinson Step 'n Stride™ was the most financially successful (page 24) to date raising an incredible **\$410,725!**

The Fund Development team has also launched two new exciting endeavors – Tap'd Out (page 14) a new food and beverage festival and a PAA-branded coffee (page 23).

Finally, I would be remiss if I didn't touch on Membership. It is time once again to consider purchasing or renewing your Parkinson Association of Alberta Membership (page 19 & 20). It is only with your thoughtful, ongoing support that we can continue to carry out our good work.

As we head into the final months of 2018, I ask that you continue to engage with Parkinson Association of Alberta on our journey and the journey of the thousands of Albertans living with and affected by Parkinson Disease. Together we will navigate towards a better and brighter future in Parkinson's.

John Petryshen

CEO, Parkinson Association of Alberta

Prose for Parkinson's

Greg Turlock



(Sylvia and Walter Turlock)

Walter had that twinkle in his eye, a warm smile and an infectious laugh that made you want to shake his hand. He was a city bus driver for over thirty years (without an accident) and his patrons loved him. How many bus drivers do you know who would receive a bottle of cognac at Christmas from grateful university students?

I'm proud to say that Walter was my dad. He and my dear mom Sylvia raised four kids in the country just outside of Edmonton. They filled our days with love, patience, encouragement and understanding. They spoiled us with horses, dogs, cats, motorcycles, guitars and more toys than we deserved. But their love for each other and their children was their biggest gift of all.

Dad and Mom always encouraged us to follow our dreams. I enjoyed writing stories when I was a kid, and later on pursued photography as a hobby. I started my writing career by submitting short stories to the Edmonton Journal's Country Asides. Dad and Mom used to cut out my articles and photos, taping them to their fridge. It wasn't long before Dad asked me "Why don't you write a book with your stories? Your mom doesn't have any more room left on the fridge door." I laughed but I always wondered if I could do it.

Years seemed to come and go but I never did write that book. Mom and Dad had their challenges but seemed to get by – as long as they had each other. Dad seemed to develop a small tremor in his left hand that he didn't want us to know about. He tried to ignore it and explained it by saying, "Oh yeah, I hurt it when I was shoveling dirt in the garden yesterday."

Then Dad was having the occasional problem with his balance. His voice was becoming rough and he was having some difficulty swallowing. Mom encouraged him to have a series of tests done. Dad was diagnosed with Parkinson disease in early 2006, at least four years after symptoms started to appear. Unfortunately, Mom was diagnosed with cancer shortly after that.

It's funny how you take a different look at the world when you have a life-changing occurrence. We lost Mom to cancer in 2011. She and dad had been married for over fifty years. Dad was receiving treatment for Parkinson's and was doing his best to soldier on without mom. He continued his daily walks. He became more interested in cooking, using a food processor and making his own delicious soups. He tried to make new friends and he continued going to church. But he always had a positive outlook and a kind word for everyone he met.

Dad managed to get by without Mom for the first year or so. His memory started to slip now and then, and he was experiencing anxiety as he began to struggle with dementia.

He went from his condo to an assisted-care facility where he was comfortable for about a year. His balance, swallowing and dementia eventually necessitated moving him to a total care residence. He was comfortable in his last home and enjoyed his new surroundings. He had many moments of total clarity but struggled with his illness. My siblings and I enjoyed spending time with him – helping shave, feed and read to him. On Father's Day my son played piano for him and we took him outside in the courtyard to view the beautiful

garden. But what he really enjoyed was our company, especially when we brought him soft ice cream.

Occasionally I would read some of my stories to Dad. They would remind him of living on the acreage with Mom and enjoying the serene country life that they shared for so many years. I remember him saying that I was a good son and that someday I would have my stories in a book.

Dad struggled to give us hugs but always had that firm handshake and words of encouragement. He was an inspiration to my sister, brothers and I. Unfortunately we lost him in late July of 2014, but his spirit and zest for life remain with us.



I struggled with losing Dad but then I remembered his words of encouragement: "Someday you'll have your stories in a book." I started to organize my many poems, short stories and photos and did some research on being self-published. By the fall of 2015, my goal was to have my own book, and donate the profits to Parkinson Association of Alberta in Edmonton and the Kids with Cancer Society.

My wife Sandy and sons Matt and Landon were my editors and cheerleaders. My book became a family project! I recall having the stories and photos spread out on our living room floor, trying to piece together the final product.

By December 2016, I was holding my new book in my hands: **A Work of Heart – Woven in the Willows**. My only regret is that Mom and Dad passed before I could show it to them.

But their memory lives on. By April of 2017, with the kind support of many friends, families and readers, I sold almost all of my books. I was able to make significant donations to both Parkinson Association of Alberta and Kids with Cancer. I also made a donation to the Humane Society.

During the past year, I have had the privilege of volunteering with Parkinson Association's Parkland Support Group. I find the work rewarding because I can share my Parkinson's observations and I get to interact with the most positive people. They are a great group who inspire me. I am proud to be associated with them.

Mom and Dad would have wanted it that way...



(L-R: Greg Turlock and PAA Board Members Janice Calihoo and Derek Weisbeck)

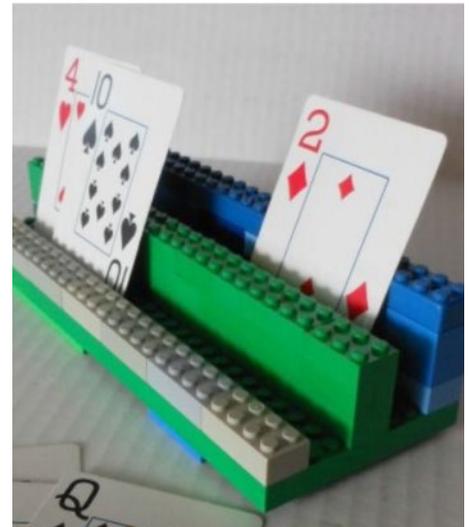
Adaptive Tools WORK SMARTER, NOT HARDER.

Written by:
Brandi La Bonte



For the most part, human beings are creatures of habit. People have a tendency to continue to do a project or task the way they are used to, the way they have always done it. And while this is sometimes a good thing, oftentimes it can mean those projects or tasks are not being done as effectively or efficiently as they could be. This can be even more evident when dealing with a progressive disease like Parkinson's, which if not addressed can lead to a loss of independence in certain areas of everyday life.

Adaptive tools/equipment are devices used to assist an individual in completing many activities involved in day-to-day life. Adaptive tools can help individuals become more independent with everyday activities like dressing, bathing, and grooming to cooking, gardening, and even playing games. These activities, and others, fall under the spectrum of "Activities of Daily Living" or ADLs. Tools can range from high-tech electronic devices to decidedly low-tech options like using a length of rope to help close an overhead door (like a garage door or hatchback).



How much do Adaptive Tools Cost?

Adaptive tools are not necessarily expensive, though it certainly depends on the type of tool required. Adaptive tools can be created (ie: using elastic for shoelaces to create a slip-on shoe) or repurposed (ie: using non-slip cupboard liners can keep plates and bowls from sliding while eating or prepping food). Not every item can be created or repurposed however, some do need to be purchased. Alberta Health offers the Aids to Daily Living (AADL) program to help Albertans with long term disability, chronic or terminal illness to maintain independence by providing financial assistance to buy certain medical equipment and supplies.

Who can Help Determine which Tools are Best?

An Occupational Therapist can be a valuable resource in helping to determine which tools or devices would provide the most benefit for one's individual needs. Occupational therapists address problems in the area of self-care, work and leisure. They provide advice and instruction on adaptive equipment, safety awareness, energy conservation and mobility issues. And assess home situations and provide appropriate guidance for equipment purchase/home adaptation.

Adaptive tools can help you "work smarter, not harder" by helping you become more effective in the tasks you want to accomplish.

NEWS + updates

PAA IS CRUISING FOR YOUR INPUT! Do you enjoy traveling? Would you be interested in going on a cruise with other members of the Parkinson's community? If you are someone who likes to travel, hasn't traveled for some time, or have stopped traveling because they are worried about how Parkinson's will affect travel -- or if you do not have Parkinson's and are simply interested in going on a fun cruise -- we would like to hear from you! If you haven't already, visit our website to take the survey today <http://parkinsonassociation.ca/rl-20180922>

NEW PROGRAM COMING TO OLDS We are excited to announce that PAA is working on partnering with the Olds College Fitness Centre to offer our PD & Boxing program! This program offers exercises designed to enhance physical and mental health as well as provide a social aspect for participants. Come and join the fun! For more information or to register please call the Red Deer Office at 403-346-4463.

A MULTITUDE OF PROGRAM OFFERINGS IN CALGARY Looking for a way to stay active and engaged while living well with Parkinson disease? We have a multitude of program options available – boxing, tai chi, yoga and different levels of exercise programs plus vocal and educational programs! To find out what is available visit the program section of our website or call the Calgary Office at 403-243-9901.

NEW CARE PARTNER PROGRAMS IN EDMONTON Are you a Care Partner looking for a way to be fit and have fun? We are happy to announce TWO new programs just for Care Partners – Care Partner Exercise and Care Partner Yoga! For more information or to register please call the Edmonton Office at 780-425-6400.

NEW PROGRAMS AVAILABLE IN LLOYDMINSTER We are eager to announce a slate of new programming available in the Lloydminster Region. Now available are exercise, walking, swimming, voice and meditation programming! To find out what is available visit the program section of our website or call the Lloydminster Office at 780-808-5006.

EVENTS + updates



TAP'D OUT We held our **first Tap'd Out Food + Beverage Festival** event in Medicine Hat on **October 17** at Chacko's Kitchen + Bar. Followed by two events in Calgary at Willow Park Wines & Spirits on **October 24** and **November 14**. More details to come in the winter edition of the magazine.

#AB4AB Introducing **#AB4AB** this hashtag stands for Albertans for Albertans. Throughout our Tap'd Out Food + Beverage Festival, we want you to use this hashtag on your social media every time you join us for an event, support local businesses in the province or engage with Parkinson Association of Alberta.

PARKINSON'S PERK COFFEE MAKES A GREAT HOLIDAY GIFT!

We are thrilled to announce our "Parkinson's Perk" branded coffee is now available for purchase. This rich, full-flavoured blend containing light notes of nutmeg, sweet almond and molasses is available for order by email info@parkinsonassociation.ca, over the phone 1-800-561-1911 or through your Regional Staff Member.



Disability Tax Credit

Eligibility



The disability tax credit is a federal non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. The purpose of the disability tax credit is to provide for greater tax equity by allowing some relief for disability costs, since these are unavoidable additional expenses that other taxpayers do not have to face.

An individual may claim the disability amount once they are eligible for the disability tax credit. To start the process, an individual needs to fill out Part A of the Form T2201 to apply for eligibility. A medical practitioner will need to fill out Part B. It is important to note that medical practitioners may charge fees to fill out the form (or provide further information); however individuals may be able to claim these fees as medical expenses on lines 330 or 331 of their tax return.

If an individual was eligible for the disability tax credit for previous years but did not claim the disability amount when they sent their tax return, they can request adjustments for up to 10 years under the Canada Revenue Agency's Taxpayer Relief Provision. Depending on the year, maximum disability amounts range from \$7,021 to \$8,113.

There are different ways for which a person can be eligible for the disability tax credit. These determinants are assessed by a medical practitioner. In **all** cases, the impairment must be prolonged and the person must meet **one** of the following criteria:

- **is blind**
- **is markedly restricted in at least one of the basic activities of daily living**
- **is significantly restricted in two or more of the basic activities of daily living (can include a vision impairment)**
- **needs life-sustaining therapy**

Basic activities of daily living include: speaking, hearing, walking, eliminating (bowel or bladder functions), feeding, dressing and mental functions necessary for everyday life.

In addition, the person's impairment must meet **all** of the following:

- **is prolonged, which means the impairment has lasted, or is expected to last for a continuous period of at least 12 months**
- **is present all or substantially all the time (at least 90% of the time)**

Being eligible for the disability tax credit can open the door to other federal, provincial, or territorial programs such as the **registered disability savings plan** and the **working income tax benefit**. Talk to your Regional Client Services Coordinator to find out more on this and other opportunities available.

More information is available on the Canada Revenue Agency website at:

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Transitioning to Long-Term Care

Written by: Wendy Porter & Brandi La Bonte



Times of transition can be worrisome; and with Parkinson disease periods of transition can happen a number of times throughout the progression of the disease. One of those transitions in life is in relation to housing. As we age and/or Parkinson disease progresses; we must plan for a transition in regards to housing, which can be a difficult conversation to have. When do you decide to make the transition? How do you make the transition? How do you have those conversations with your loved one and/or your children? It is important to remember that before assuming a long-term care facility is the "best place" to be, there are other alternatives such as Home Care, Home Support, and Supportive Living that may be better options. A Client Services Coordinator can help you determine what might help you meet your needs and assist you with the processes involved. If it is determined that long-term care is the appropriate option, then the following information can help you make the best choice for yourself and/or your loved one.

Choosing a long term care facility can be a stressful time. With many options and items to consider – location, public or private facilities, cost, etc. – and if you are not sure what to look for or what questions to ask, the task can be daunting. The first place to start is obtaining a list of facilities, your Client Services Coordinator can help you with this. Once you have assessed your options on paper, it is time to visit the facilities yourself. Much like house hunting, finding the place that is right for you and/or your loved one can take time. You want to ensure that the place you choose checks as many of your personal wants as possible. Researching and scouting out options in advance is a good way to ensure you do not face undue pressure to take the first available space. Take the time to thoroughly investigate all of your options.

There are a number of things you can do to ensure you make the right choice for you and/or your loved one. Often you can arrange to meet with the facility Administrator and/or the Director of Care and ask to see the admission contract, recent inspection reports and the Resident's Bill of Rights. Ask if there is a functioning Family Council that acts as an Advisory Board and look for a Residents Council and/or Family Council Bulletin board(s) in the lobby.

The list on the facing page contains points for you to consider and/or observe, and questions to ask about the facility, staff and care you and/or your loved one would receive. They may not all apply, but can help give you a solid foundation with which to start your search. The points and questions are grouped by topic.

Be sure to visit the facility more than once and at different times of the day to ensure you have gotten a good overview of all the different aspects. When visiting take notes so you can review them later; and don't forget to document any concerns you have in writing, so you can ask about them or refer to them later.

Your Client Service Coordinator will meet with you as often as you need to ensure you have weighed all of the pros and cons. The most important thing is that you are comfortable with the decision so having all of the information you need to feel confident in your choice.

Physical Facility How many residents live in the facility? How many floors are there? How many elevators are there? Is the facility bright and pleasant? Does it look and smell clean? Is the furniture in good repair? Are there private areas for residents and visitors? Is there an outdoor area?

Resident Rooms Are rooms private or shared? Can married couples be housed together? Are resident rooms bright and home-like with personal belongings evident? Do they allow for patient privacy? Can residents have their own phones, TV, or computer in their room? Are the bathrooms clean, safe and is there enough towels? Do staff knock before entering?

Staff What is the staff to resident ratio? How do they cope with staff shortages? Do staff appear well trained? Do they treat residents, family and other staff with respect, dignity and courtesy? Are they patient? Do they treat the residents as adults? Are staff trained to work with visually or hearing impaired residents?

Medical Access Can one continue receiving care from a family doctor after admission to the facility? Is a physician on call 24 hours a day? Is a Registered Nurse on duty 24 hours a day? Is the staff physician a geriatrician? Is the staff physician or doctor on call willing to spend time talking to family members regarding medical care of the resident? Are the physicians and/or medical director available to take calls from families? What is the facility's policy on cardiopulmonary resuscitation?

Parkinson disease – specific Ask about their understanding of Parkinson disease and how flexible their medication regime is.

Access to Allied Health Care

Are physiotherapy, speech therapy, and occupational therapy training available? Are dentists and dental hygienists available to provide dental care? Are social work services available at the residents' request? Who arranges for these support services?

Care Plans/Day-to-Day Care

Inquire about residents' assessments and care plans. How often do case conferences occur? Are residents and representatives (substitute decision makers) involved in the case conferences and planning for the resident's care? Are the assessment information and care plans available

to residents and family (or substitute decision makers)? How often are the care plan review meetings?

Dining Do dietary staff respect individual eating habits? Are there menus on display? Do staff oversee residents as they eat (help with feeding, ensure food is bite-sized, etc)? Do the meals look appetizing? Are family members welcome to join the residents at meal time?

Activities Are there appropriate activities? Are activities posted? Are there exercise and vocal programs? Is there a library or visiting library service? Are the residents lined up in wheelchairs in hallways? Are they involved in activities?

Safety (Facility and Resident) Does the facility have a sprinkler system? If not, what are the plans for installing one? Are there regular fire drills for all staff (including part-time)? Does the local fire inspector make regular visits? What is the facility's policy on restraints and medication? Is there a specialized unit for persons suffering from dementia or serious behavior problems? Do staff have training in managing difficult/aggressive behavior?

Cultural Questions If English is not the resident's first language, will an interpreter be available when necessary? Are there culturally appropriate foods available? If applicable, are there programs and services available to meet the diverse cultural needs of the residents?

Visiting Is there free or limited access to the facility? Are there specific times when visitors are not allowed? Are people encouraged to visit? Are residents' religious representatives encouraged to visit? Is there a chapel on premise? Is there a volunteer program in the facility?

Application & Fees

What is the application procedure? What are the accommodation fees/fee co-payments? What services are included in the fees (ie: personal supplies and/or grooming, laundry, etc)? What services is the resident/family responsible? Are additional services available? If so, what are they and how much do they cost? How and when are residents/families notified of a change in fees/service?

Employment and Parkinson's

Written by: Brandi La Bonte



With 5-10% of Parkinson disease diagnosis occurring under the age of 40 (young onset) and with the average age of diagnosis being 56, many people with Parkinson's are still a part of the workforce. For these individuals and families a new set of challenges can arise. The most common concerns/questions being: How long will I/my loved one be able to work? Will I/my loved one be terminated or face discrimination if I/they inform my/their employer?

The initial answer is that for most people in the early stages of Parkinson disease it is likely that they can not only continue to work, but work for a good amount of time afterwards. One's ability to work and the duration thereof will vary by individual with a multitude of variables involved from type of job, to stress levels and experienced symptoms, to disease progression overall.

In regards to discrimination and/or termination, the Canadian Human Rights Act protects employees with disabilities, but this system is not infallible. For example, while an employer has an obligation to provide reasonable accommodation, this obligation is not unlimited (ie: cost considerations or disruption of operations). And, regrettably there are some employers who may terminate an employee on a pretence that hides their true reasoning. That said there are many employers who are willing and ready to stand by their employees and work together with the individual to chart a course of action that works for both parties.

Depending on one's job there are several modifications that can be made in the workplace to enable an individual with Parkinson's to continue to work efficiently and effectively. Occupational therapists can provide individual recommendations for adaptations or assistive devices to help accommodate an individual in the workplace. Some common adaptations for the workplace include (but are not limited to):

- allowing a flexible schedule and/or flexible use of leave time to accommodate symptoms like fatigue
- allowing an individual to work from home
- equipment and software may be purchased or adapted
- employee retraining or reassignment

The Alberta Government offers Disability Related Employment Supports (DRES) to help provide short-term supports and/or services (Workplace Supports) to assist the individual with a disability transition into the workplace; maintain employment; and enable their full participation in the workforce. These Workplace Supports are provided in four areas:

- on the job supports
- worksite modifications
- vehicle modifications
- assistive technology

Whether or not to tell one's employer is not an easy decision and a decidedly personal one. Reaching out to experts (financial, legal, human resources, union representatives, etc.), thoughtful planning and realistic decision making are important to achieve the best possible outcomes in regards to employment.

Client Services Corner – Systems Navigation

Written by: Wendy Porter

I am happy to introduce myself and the Edmonton Client Services Coordinators in this inaugural “Client Services Corner” submission. For those of you who I have not yet met, I am Wendy Porter, Client Services Manager here at Parkinson Association of Alberta. I am a registered social worker with an undergrad in neuropsychology and another in human services. I am a registered Trauma Recovery and Grief Recovery Therapist with the ICADCF and have worked within mental health and addictions for over 30 years. Declan Beddows and Cassie Janovsky round out the Client Services Team here in Edmonton; both come with backgrounds in social work and psychology. Together we have been working on the new Parkinson disease Systems Navigation Program being piloted in Edmonton.



If you live in the Edmonton Region you may have heard the word navigation a bit over the past year. You may have been asked questions, told a bit about it at a support group or received a phone call asking about some of the challenges or barriers you have experienced since receiving a Parkinson disease diagnosis – be it as the person diagnosed or the loved one/care partner.

In the winter of 2018, Parkinson Association of Alberta received funding to explore the concept a Systems Navigation Program to help you navigate the complex medical, financial, and other systems that you are now faced with. A Systems Navigation Program provides person-centered services to individuals to aid with the finding of resources, helping to complete paperwork, advocating on your behalf, and more.

As a team, we, Declan, Cassie and myself, have worked hard laying the groundwork for the project:

- **meeting with neurologists, primary care networks, and allied health;**
- **finding and/or creating resources;**
- **making phone calls to determine what is available in each area and what is missing in others, and;**
- **have increased our presence in the public eye to ensure that the general public has a better understanding of what PD is and more importantly, dispelling any myths about the disease.**

We hope to begin to collaborate with you and the professionals in your life to develop and implement individualized care plans for you and work alongside you in hopes of lessening any anxieties and frustrations that can arise during your Parkinson’s journey. Our aim is to provide vision driven hope and support to all families living with and affected by Parkinson disease no matter where you may be in your journey.

Our goal is to eventually expand this Parkinson disease Systems Navigation Program across the province – by providing you access to a person/people who are knowledgeable in helping you access what you need, can find what is missing and help you create a plan to live well with Parkinson disease and Parkinson’s Plus Syndromes.

 A photograph of a single tree in a field of green grass under a clear blue sky. The tree is uniquely shaped, with its branches and leaves forming a heart shape.

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PARKINSON ASSOCIATION OF ALBERTA
PRESENTS

TAP'D OUT

FOOD + BEVERAGE FESTIVAL



WHAT IS THE TAP'D OUT FOOD + BEVERAGE FESTIVAL?

Tap'd Out Food + Beverage Festival is the Parkinson Association of Alberta's (PAA) first annual food and beverage festival! PAA is excited to be working with boutique liquor stores, craft breweries, pubs and restaurants across the province. Each event will tantalize your taste buds with fantastic food and tasty beverages.

How long has Tap'd Out Food + Beverage Festival been around?

We are excited to announce this is our FIRST year!

How many people are expected to attend Tap'd Out Food + Beverage Festival events across the province?

We have allocated 300 tickets to each tasting event, 100 tickets to Dinner event in Medicine Hat, 60-75 tickets to the craft breweries involved. We are expecting an amazing year and engaging over 1000 Albertans across the province.

The Tap'd Out Food + Beverage Festival is an event designed to raise awareness for young onset Parkinson disease (PD). Typically thought to be an "old person's" disease, Parkinson's can affect people of all ages with 5-10% of people being diagnosed under the age of 40 years of age. Parkinson Association of Alberta is committed to providing services to all Albertans with PD. By building awareness about the reality of young onset Parkinson's we can change the face of Parkinson disease.

Who is Parkinson Association of Alberta?

Parkinson Association of Alberta helps make every day better for Albertans affected by Parkinson disease. We provide support services, education, advocacy and funds for research. We are a standalone Alberta-based charitable organization and we rely on the generosity of donors. One hundred per cent of the money raised in Alberta funds the best services, resources and research to benefit Albertans.

Donations of Art, Wine and Experiences:

Gift certificates should either have no expiry date, or have an expiry date no less than one year from the date of the event. Donors must provide PAA with a fair market value for the donation and all pertinent contact information (name, address, postal code, phone number etc.). Tax receipts will be issued for all donations except for gift certificates and services.

Watch for more events and information on our website parkinsonassociation.ca/tapdout or call **1-800-561-1911**. If you are interested in volunteering with us please reach out to info@parkinsonassociation.ca "volunteer with us"

TAP'D OUT EVENTS IN 2019

Lethbridge

Wednesday, March 6

Mocha Cabana – 317 4 St S

\$30 Event tickets | 6pm – 8:30pm

Includes fantastic food by Mocha Cabana and 4 tasting tickets that can be used towards local craft breweries or fantastic wines. Additional tasting tickets can be purchased at the event. There will also be a silent auction and raffle.

Lloydminster

Wednesday, April 10

Rock Creek Tap and Grill – 8120 44 St

\$25 Event tickets | 11am – 8pm

Take flight with a Rock Creek's Short Flights! Enjoy sampling 4 x 5oz craft beers of your choice paired with a chef-selected sampling of appetizers. We are excited for 4th Meridian Brewing Co and Ribstone Creek Brewery to be joining us! Come anytime between 11am – 8pm for your local craft experience! Silent auction, raffle and more!

Edmonton

Wednesday, March 13

Blind Enthusiasm – 9570 76 Ave NW

\$50 VIP Guided Beer Tasting tickets | 5:30pm – 9pm

A seated guided beer tasting by owner Greg Zeschuk. Greg will introduce you to the world of craft beer and taste delicious foods prepared by Chef Christine Sanford.

\$30 Beer Sampling Party tickets | 7pm – 9pm

Sample some of Blind Enthusiasms' best craft beer and savoury bites! There will also be a silent auction, raffle and more!

Grande Prairie

Friday, April 12

Pomeroy Hotel &

Conference Centre – 11633 100 St

\$95 VIP tickets | 6:30pm – 10pm

\$75 Event tickets | 7pm – 10pm

Enjoy beverages by local craft breweries, wine reps and distilleries plus amazing food prepared by the Pomeroy! There will also be a silent auction, raffle and more!

You may also call the Pomeroy Hotel and book a room at a discounted rate and make a night of it!

For ticket and information, visit www.parkinsonassociation.ca/tapdout or call 1-800-561-1911

YOUR HEALTHCARE TEAM

Duodopa Specialist

In this issue we interview Duodopa Specialists, Eric Tse of the Movement Disorders Program in Calgary to find out more about Duodopa and the role he plays in this ground-breaking treatment option. Still relatively new in terms of treatment, this innovative delivery system has been available in Alberta as a treatment option for Parkinson disease since 2014.

Brandi La Bonte (BL): What does your job as a Duodopa Specialist entail?

Eric Tse (ET): I act as the primary contact for any patient involved with Duodopa. I teach people about Duodopa, coordinate appointments, and manage the ongoing care of patients who are on Duodopa therapy.

BL So just what is Duodopa and how does this treatment differ from other treatment options?

ET Duodopa is a levodopa/carbidopa intestinal gel used for patients with severe Parkinson's who have essentially maximized the control that they can get on oral medications. It has the same medicinal ingredients as oral levodopa, but it uses a pump to deliver a steady dose of medication over the course of the waking day.

Duodopa is delivered directly to the small intestine, so it can be quickly absorbed without needing to wait for digestion to occur. The dose can be finely tuned to an extent that can't be done with pills.

BL Are there risks involved with the Duodopa treatment option?

ET There are a variety of small issues that can arise, although they are very rarely emergencies. Fortunately, the gel itself tends to be well tolerated due to its similarity to oral levodopa.

People tend to get very worried about the PEG-J tube and the surgical site, so I'd like to specifically mention

some tube issues that can occur. The most common tube-specific issue is an infection at the surgical site. An infected site can swell up and get tender, much like an infected ear piercing, for example. Infections are treated with a course of antibiotics from the family doctor. Patients with a lot of dyskinesia can also get some irritation from the tube moving around, and that's managed by keeping the tube secure and making sure that the infusion rate isn't too high.

The most serious issue that can occur is the formation of a bezoar, which is an accumulation of food material that can gather on the outside of the tube and block the small intestine. It's very rare, but it's a true medical emergency that would need a visit to the emergency room to remove the blockage and replace the tube.

BL If a person is a good candidate for Duodopa – what is the journey they will experience?

ET I invite patients to a teaching session where I show them the equipment and tell them how Duodopa works. After the session, I ask the patient to take a bit of time to think about the therapy and discuss with their loved ones. If they decide to proceed, I request assessments from our Duodopa neurologist and gastroenterologist. They do safety checks and confirm that there will be enough predicted benefit to justify starting Duodopa.

While waiting for the appointments, I teach patients how to operate and take care of the pump and tube. I also connect patients to AbbVie Care (AbbVie's patient support program) to ensure that they get financial support for Duodopa. We may also book additional

assessments, or in cases where the ultimate outcome is uncertain, we may trial Duodopa using a nasojejunal tube that provides access to the small intestine via the nose. Once the neurologist and gastroenterologist give the thumbs up, patients are booked in for the tube insertion. The insertion is done in a couple of hours and patients go back home to recover.

After the tube is inserted and the site is healed up, I bring the patient into clinic for a few days to start the therapy and adjust the infusion rate until optimal control is achieved. After patients are stable on Duodopa, they go back to their standard follow up schedule with the ability to contact me for an appointment as needed.

BL In your opinion, what are some of the biggest misconception people/patients have about Duodopa?

ET Most people that I talk to have concerns about the safety of the PEG-J tube. I understand these concerns, and I take a lot of time to explain the risks of having the PEG-J in. From a gastrointestinal perspective, PEG tube insertions are a safe and common procedure. Also, the beneficial effect of Duodopa vastly outweighs the inconvenience of the tube and pump.

BL For those people wondering if Duodopa, what are some key things to consider?

ET Duodopa isn't a cure, and patients' Parkinson's symptoms will eventually return in spite of medication adjustments. It's important for patients to exercise diligently while on therapy, and to continue accessing their Parkinson's support programs.

BL What are some of the benefits you've noticed in patients who have undergone Duodopa as a treatment option?

ET Patients get all of the benefits of a long and consistent ON state. I can visibly tell when a patient's Duodopa is working, because they move with restored strength and speed. They're freed from taking Parkinson's pills every 2-3 hours. They get to travel, socialize, and generally regain quality of life.

BL Why are some people not good/ appropriate candidates for Duodopa?

ET Safety is the first and foremost priority—we wouldn't start Duodopa if there was evidence of cognitive, physical, or social difficulties that would make it unsafe to operate. Also, consider that Duodopa is primarily targeted towards relief of motor symptoms. Patients who are highly bothered by symptoms that aren't levodopa-responsive won't get a lot of benefit from Duodopa either.

BL If people want to learn more about Duodopa and/or find out if they are a good candidate – what are the steps they need to take?

ET You can ask your neurologist if Duodopa is appropriate, or contact our clinic to learn more. I'm always happy to answer questions or send information.

BL What is your favorite part of working with people who are on the Duodopa journey?

ET It is a true pleasure to work with a population that is so knowledgeable and invested in their own care.



Take Action for Satisfaction

Written by: Pamela Mandryk

This year I have had the distinct pleasure of becoming the Recreation and Leisure Coordinator for Parkinson Association of Alberta's Edmonton Region. Throughout the year I have had many opportunities to help people with Parkinson's disease and their care partners seek activities to help maintain and sustain their quality of life through physical, cognitive and social programming that is available to them.

I have over 15 years of service in Therapeutic Recreation and through all those years I have met some truly inspiring individuals. My jovial personality, loyalty, compassion and creativity are all part of my standard daily practice and I am excited to work with so many people from all walks of life to bring great opportunities to Parkinson Association of Alberta, and help those with Parkinson's and their care partners enjoy the simple things in life and live well with Parkinson's.

With the help of Program Partnerships, we are fortunate to have programs available in some of our regions. But rest assured, there are so many ways you can stay active on your own. Let's take a quick look at some of the things you can do to live well with Parkinson's and stay active through physical, social and cognitive activities.

We know through research, exercise is the next best treatment to the use of medications. So how do we take advantage to this treatment?

First thing to remember is that you can always exercise at home! Home exercises can consist of you standing at the counter while holding on to it and standing on your toes, then rock back on your heels. This is great while you're waiting for a cup of coffee or water to boil. You can also do some great stretches before you get out of bed. What better way to start the day than with a good stretch to get the blood and oxygen flowing. Laying on your back with your knees bent, rock your knees from one side to the other. You can also raise your arms above your head, taking a deep breath in and exhale slowly through circled lips as you lower your arms down.

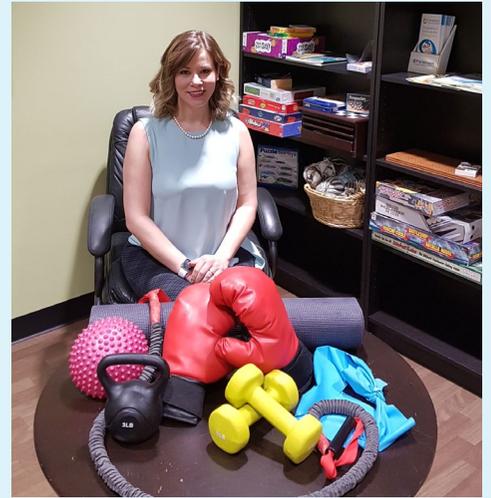
Taking in an exercise group at your local fitness centre is not only a great way to exercise with support of your friends and family but this helps also limit social isolation. Some of our regions have Parkinson's specific programs, however, taking part in a gentle exercise is beneficial too. Get your loved one or friend involved too. Swimming is another fantastic way to exercise. The water provides both balance and resistance. Some pools are salt water which is great for your skin.

You can also join a choir or sing at home. Vocal exercises are important to help keep your voice conditioned. You may notice over time your voice is getting quieter and the words are not as clear as they once were. Some simple vocal exercises you can do are "AHHs". Take a deep breath in, open your mouth wide and say "AHH" for as long as you can. Repeat this 5 times and try doing it 10 times a day. The shower is a great place to say "AHH"!

And of course let's not forget there is always walking outdoors or indoors at your local shopping centre or an indoor track. Walking will target all three of your living well domains.

Going for coffee with a friend or meeting a group at your local diner is a great start to getting out of the home or perhaps you enjoy going to the library, even still you are getting out and being social. Join a local club or organization, start a quilting group or reading club or even take part in your local special events.

Lastly, but certainly not least, enjoying a cross word, word search, jigsaw puzzle, reading or creative writing are great ways to keep your mind active and fresh. The great thing about cognitive exercise is you can do it alone or with others.





For over 40 years, Parkinson Association of Alberta has been committed to helping Albertans living with and affected by Parkinson disease and Parkinson's Plus Syndromes live better day-to-day lives. With staff present in seven regions across Alberta, multiple support groups, programming and educational offerings, and a reach across the province via our toll-free PD Helpline and monthly Tele-Support Groups; Parkinson Association of Alberta is a great place to build your network, get support, seek advice, and get involved. We continually strive to ensure we are offering the very best in support and services to assist Albertans in their quest to live better with Parkinson disease. We provide core services, programs and a strong commitment to research.

CORE SERVICES

Led by our Client Services Coordinators, our no-cost core services include individual and family supportive counselling, 41 support groups across the province, education, learning resources, in-services and community awareness programs.

PROGRAMS

With a wide-range of low-cost programs offered across the province, including physical, vocal, cognitive and social; Parkinson Association of Alberta helps improve and maintain movement, voices and cognitive skills.

COMMITMENT TO RESEARCH

We believe there is hope in research, which is why we have pledged that 10% of annual funds raised will go directly towards research right here in Alberta. Parkinson Association of Alberta launched our Champions of Hope Campaign which aims to raise \$5 million for research over the next four years.

WHAT DOES IT MEAN TO BE A MEMBER OF PARKINSON ASSOCIATION OF ALBERTA?

A membership is the most effective way to ensure Parkinson disease is not overlooked be it in the community, the healthcare system or the government. When we apply for grants or put together a case for support to a business or government we are always asked "How many members do you have?" This number is important, and can often mean the difference between being successful in receiving support or not. For every paid membership we receive, we can count one person as a member. The more members we have, the stronger our voice and the more influential we become; the more positioned we become to enact meaningful change for Parkinson disease in Alberta.

There are also tangible benefits that are included in membership:

- **Voting privileges at our Annual General Meetings. This is your opportunity to truly help guide Parkinson Association of Alberta's path for today and tomorrow.**
- **Many of our programs and events offer a reduced cost for members.**
- **While our quarterly magazine remains available 24/7 on our website; members receive a printed hardcopy in the mail should they so choose.**

As a member of Parkinson Association of Alberta, you join a community of vibrant fellowship with people who share your experiences, needs and hopes for the future. Become a Member today!



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

Personal Information

Mr. Mrs. 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 Association of Alberta (including 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 a notification of this gift to (name and address): _____

Payment

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

Please bill my: Visa Mastercard American Express

Name on Card: _____

Card Number: _____ Expiry: _____ CVD: _____

SUPPORT GROUPS

The listings appearing in this issue were correct as of press time; please check your Regional section of our website for the most up-to-date information.

ALBERTA		1-800-561-1911
ARTA CHARITABLE FOUNDATION'S TELE-SUPPORT GROUPS		
3 rd Wednesday - Care Partners	6:30 pm – 7:30 pm	Advance registration is required to receive call-in instructions & a passcode; call the above number.
3 rd Thursday - General Parkinson's	10:00am – 11:00am	
4 th Thursday - Parkinson's Plus Syndromes	10:00am – 11:00am	
CALGARY REGION		403-243-9901
AIRDRIE		
3 rd Tuesday	10:00 am – 11:30 am	Cam Clark Ford – 1001 Highland Park Blvd
CALGARY		
1 st Tuesday – Northwest	10:00 am – 11:30 pm	Hope Lutheran Church – 3527 Boulton Rd NW
1 st Thursday – Northeast	10:00 am – 11:30 am	Ascension Lutheran Church – 1432 - 19 St NE
2 nd Tuesday – Southeast	10:00 am – 11:30 am	PAA Calgary Office – 120, 6835 Railway St SE
3 rd Tuesday - Care Partners	1:30 pm – 3:00 pm	PAA Calgary Office – 120, 6835 Railway St SE
3 rd Thursday - Southwest	10:00 am – 11:30 am	Riverpark Church – 3818 - 14A St SW
4 th Tuesday - Southeast	10:00 am – 11:30 am	PAA Calgary Office – 120, 6835 Railway St SE
4 th Tuesday - Young Onset	7:00 pm – 9:00 pm	Hope Lutheran Church – 3527 Boulton Rd NW
CANMORE		
2 nd Thursday	1:30 pm – 3:00 pm	Bow River Lodge – 920 13 St
COCHRANE		
2 nd Thursday	10:00 am – 11:30 am	St. Andrew's United Church – 128 – 1st St SE
NANTON		
4 th Thursday	10:00 am – 11:30 am	St. Cecilia's Catholic Church – 2308 – 19th St
EDMONTON REGION		780-425-6400
CAMROSE		
2 nd Wednesday	3:30 pm – 5:30 pm	City Lights Church – 4920 – 48 St
EDMONTON		
1 st Wednesday - South	1:00 pm – 3:00 pm	Rutherford Heights – 949 Rutherford Rd
1 st Thursday - Men's Care Partners	10:00 am – 12:00 pm	PAA Edmonton Office – 11209 – 86 St NW
1 st Thursday - Women's Care Partners	10:00 am – 12:00 pm	PAA Edmonton Office – 11209 – 86 St NW
3 rd Wednesday - Central	7:00 pm – 9:00 pm	PAA Edmonton Office – 11209 – 86 St NW
3 rd Friday - North	10:00 am – 11:30 am	Shepherd's Care – 12603 – 135 Ave
FORT SASKATCHEWAN		
4 th Tuesday	1:00 pm – 3:00 pm	Pioneer House – 10102 - 100 Ave
LEDUC		
4 th Tuesday	6:30 pm - 8:30 pm	Telford House – 4907 - 46 St
PARKLAND (SPRUCE GROVE/STONY PLAIN)		
4 th Thursday	6:30 pm – 8:30 pm	Rehoboth – 3920 49 Ave, Stony Plain
SHERWOOD PARK		
2 nd Tuesday	1:00 pm – 3:00 pm	Bethel Lutheran Church – 298 Bethel Dr



AT A GLANCE

The listings appearing in this issue were correct as of press time; please check your Regional section of our website for the most up-to-date information.

ST. ALBERT		
3 rd Tuesday	10:00 am – 12:00 pm	St. Albert 55+ Club – 7 Tache St
WESTLOCK		
Last Monday	1:30 pm – 3:30 pm	Room 140, Provincial Bldg – 2, 10003 – 100th St
GRANDE PRAIRIE REGION		780-882-6640
GRANDE PRAIRIE		
2 nd Wednesday	2:00 pm – 3:30 pm	Grande Prairie Care Centre – 9705 – 94 Ave
LETHBRIDGE REGION		403-317-7710
LETHBRIDGE		
3 rd Thursday	2:00 pm – 4:00 pm	Lethbridge Senior Citizens Org. – 500 – 11th St S
TABER		
2 nd Tuesday	10:00 am – 12:00 pm	Taber Public Library – 5415 – 50 Ave
LLOYDMINSTER REGION		780-808-5006
BONNYVILLE		
3 rd Friday	11:00 am – 12:00 pm	Neighbourhood Inn – 5011 66 St
LLOYDMINSTER		
2 nd Monday - Care Partners	10:00 am – 11:00 am	Southridge Community Church – 5701 – 41 Street
4 th Tuesday	2:00 pm – 4:00 pm	Southridge Community Church – 5701 – 41 Street
WAINWRIGHT		
2 nd Tuesday	2:00 pm – 4:00 pm	Provincial Building – 810 – 14th Ave
MEDICINE HAT REGION		403-526-5521
MEDICINE HAT		
4 th Tuesday	1:30 pm – 3:00 pm	Crossroads Church – 1340 – 22 St SE
RED DEER REGION		403-346-4463
CASTOR		
TBD – Please Call	1:30 pm – 3:30 pm	Paintearth Lodge – 4501 – 55 Ave
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
ROCKY MOUNTAIN HOUSE		
2 nd Thursday (Mar, Jun, Sept & Dec)	2:00 pm – 4:00 pm	Royal LePage – 5107 – 50 St
THREE HILLS		
1 st Wednesday (Feb, Apr, June, Sept & Nov)	1:30 pm – 3:30 pm	Community Drop In Centre

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Did you know that some people with Parkinson disease report feeling increased artistic creativity, with some research indicating that some actually develop a passion for the visual arts and/or writing that wasn't present before? Whether you have Parkinson disease, or love someone who does letting your creativity flow can be a good way to reduce stress and encourage relaxation.

If you have a creative writing piece you would like to share please speak with your Regional Client Services Coordinator.

Betrayal of the Hand

He stared at the red wine, the Cameron, with its savory taste of sweetness and spice; it tempted him but he felt no desire to drink it at this moment. No, that wasn't true he wanted to drink it, but he couldn't- or shouldn't. He stared at the red wine that tempted him.

He then turned his glance towards his left hand resting on his thigh. He never took much notice of his hand until now but as he stared at it; he felt betrayed by this hand that always came through for him. That followed his commands- whether it was to reach or grasp, pull or push, to touch his wife and feel her, his hands, his left hand never let him down until now. He stared at his left hand, his fingers with a little bit of hair on the knuckles, his nails clean and trimmed and his gold wedding ring on his ring finger, the ring he wore for thirty plus years. This was his hand that he took for granted and he now felt betrayed by it. The betrayal that happened on the day of diagnosis.

That dreadful day. The day where his life- all his life including his dreams, his goals, his relationships changed and he didn't know what to do about it all. He was still in shock and he was scared. And now he was in this position of drinking wine or not. Because now he was fearful of the wine and how it could possibly affect him.

His wife came into the living room holding her own wine glass. It appeared as if her wine glass was fuller than his. That had happened more since that dreadful day. His wife sat beside him on the couch, stretching her legs out onto the coffee table in front of them and asked,

"Aren't you going to have your wine?" The question had the slightest hint of desperation and concern in it. Her voice seemed to have a hint of concern, fear and desperation since this had been the since she found out alongside him on that dreadful day.

He looked at her and saw sadness in her eyes. He knew she was having a hard time with it and since that day, he would catch her staring at him with sadness and perhaps pity in her green eyes. He looked at her and smiled, or so he hoped it was a smile. He was having problems with his facial expressions—a smile appeared as a frown, and a frown appeared as a smile, which created issues in his professional and personal relationships.

"Yup. I was just waiting for you."



She smiled at him with relief in her eyes and raised her glass "Cheers!"

He smiled at her and looked at his glass and then his hand. He inhaled sharply and exhaled slowly, and prayed his hand wouldn't shake as he raised it from the safe resting position of his thigh. The thigh felt naked without his hand as he raised it from the comfort of his blue jeans that had faded over time. His hand was approaching the glass of sweet, spicy Cameron, and just before it reached the object of desire, it started to shake.

He closed his eyes and held his hand in the air and felt the shaking throughout his body. He heard his wife intake a sharp breath, as if she was trying to hold her breath, will the shaking to stop or contain the tears that had fallen since that dreadful day.

"It's okay Hun, I'll get it for you."

He opened his eyes and said with more force than he expected, "No. I will do it."

His hand betrayed him as it reminded him of his diagnosis of Parkinson's. A new way to live had begun.

Written by: Jessica Tucker

2018 Flexxaire Parkinson Step 'n Stride™ was a Success!

Parkinson Association of Alberta would like to take a moment and thank all the walkers, sponsors, family, friends and volunteers who came out across the province. It was with your help and support that the 2018 Flexxaire Parkinson Step'n Stride™ raised over \$410,000 through pledges, donations and sponsorships.

Walk totals as of September 30, 2018 are listed below.

PROVINCIAL SPONSORSHIP	\$69,100	GRAND PRAIRIE	\$15,123
CALGARY	\$89,128	LETHBRIDGE	\$12,695
CAMROSE	\$24,070	LLOYDMINSTER	\$21,696
COCHRANE	\$27,751	MEDICINE HAT	\$7,983
EDMONTON	\$110,968	RED DEER	\$32,211

TOTAL: \$410,725



**Thank You!
Sponsors**

A big thanks to all of the Flexxaire Parkinson Step 'n Stride Sponsors across the province!

Provincial Sponsor: Flexxaire

Presenting Sponsor: Pekarsky & Co

Trail Blazer Sponsor: Money Mentors,
Save-On-Foods

Pace Setter Sponsor: L.B.H. Building Supplies Inc.

Big Strider Sponsors: Trinity Home Medical, CF Industries

High Stepper Sponsors: OneSoft Solutions Inc, First National AlarmCap LP, Enbridge Pipelines Inc, Congdon's Aids to Daily Living Ltd, Nor-Lan Chrysler

Proud Steppers: Vision Credit Union, Crouse's Cleaners, Murray Chevrolet Cadillac, Performance Graphics, HWD Construction Ltd.

With over 1375 walkers across Alberta we got to spend the weekend sharing your stories and spreading awareness about Parkinson disease!

Thank you again Alberta for never turning down the opportunity to Step Up for Parkinson's! We look forward to seeing you all again next year on September 7th and 8th.




Thank You



Holiday Celebrations



LACOMBE

November 28
10:00 AM
Holiday Potluck
Brunch

CALGARY

December 5
11:30 AM
Holiday Potluck

THREE HILLS

December 5
11:30 AM
Holiday Lunch

CASTOR

December 6
1:30 PM
Chinese Food
Lunch

MEDICINE HAT

December 11
11:30 AM
Chinese Food
Lunch

RED DEER

December 12
10:00 AM
Holiday Potluck
Brunch

OLDS

December 12
1:30 PM
Holiday Potluck

GRANDE PRAIRIE

December 12
2:30 PM
Holiday Potluck

CAMROSE

December 12
3:30 PM
Holiday Potluck

ROCKY MOUNTAIN HOUSE

December 13
2:00 PM
Holiday Potluck

EDMONTON

December 21
11:00 AM
Holiday Potluck

