

Parkinson PULSE

Connecting people living with Parkinson disease in Alberta

LITTLE PIECES...

Finding Motivation in
the Fight against Apathy







6

Little Pieces...
Cover Story



8

Apathy and
Parkinson's



10

8th Annual Flexxaire
Parkinson Step 'n Stride

Summer 2020

IN THIS ISSUE...

Features

- 11 **APATHY VS DEPRESSION**
- 12 **MOTIVATION DRIVES RESILIENCY**
- 14 **LET'S GET STARTED!!**
Registering for Step 'n Stride
- 18 **FINDING MOTIVATION & BALANCE
AS A CARE PARTNER**

Every Issue

- 2 **CONTACT US**
- 3 **MESSAGE FROM THE CEO**
- 4 **MY STORY**
What Moves Me!
- 7 **NEWS + UPDATES**
- 17 **AT A GLANCE: SUPPORT GROUPS**
- 19 **STEP 'N STRIDE REGISTRATION FORM**



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.

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

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.

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Civil rights activist and accomplished author and poet, Maya Angelou, famously said **“We may encounter many defeats, but we must not be defeated.”** Goodness that’s hard to remember sometimes, isn’t it? It’s been nearly five months since our world changed and I can’t tell you how many times I’ve had my head in my hands, feeling defeated. I know many who have felt the same way and I think that’s okay...for a few minutes. Heck, even a day. But then it’s time to dust ourselves off, focus on what’s important and find a way to move forward. And that’s what Pulse is focused on in this edition; Motivation.

COVID-19 has had a profound effect on the world around us but for people with Parkinson’s, it has added yet another layer of isolation and distance from the things that normally provide personal motivation. You can’t see people in the usual way and the sense of community you get from things like support groups and exercise programs is largely absent.

So how do we stay motivated at home? ([Check out some at home exercises on page 4](#)) I asked one of our members how he stays motivated and his response was “I just do what needs to be done.” Helpful? At first blush, perhaps not. But when I thought about it, I realized he’s actually onto something. We should be doing what need to be done. I, for one though, need a little more than that. Here’s what I’ve found helps me both before and during our current pandemic situation.

Figure out what’s important to you and remind yourself regularly why you need to stay motivated. Surround yourself with things that help with that. For me, this includes keeping personal items within reach or sight that I associate with my family.

Stay connected with friends, family and other champions in your life. (Psst...we’re one of them!) Zoom sure isn’t the same as seeing people in person but it’s something that I have found incredibly helpful in connecting with others. In addition to our monthly support groups ([see a complete listing on page 17](#)), our folks have started to meet safely in parks across the province for organized social events. While the weather holds, this is a great opportunity to up your personal motivation.

Stop over-thinking. My husband often says to me “Get out of your head, Lana.” He’s not wrong. When we dwell on our day or obsess over a decision we’ve made or re-play conversations in our heads, we take away the opportunity to live in the moment and participate in what’s good and real right now.

Lastly, give yourself a break. On the days when you decide that you just can’t, don’t. And don’t beat yourself up over it. We’re all allowed a moment to step back and take care of our mental health. It’s okay to retreat and re-set. Watch a movie, eat ice cream for dinner, get a good sleep if you can and ask for help when needed.

We hope you find the contents of this edition of Pulse helpful or meaningful. As always, we are here with and for you so please don’t hesitate to connect. We look forward to hearing your stories of motivation this summer as we lead into the 8th Annual Flexxaire Parkinson’s Step ‘N Stride. ([See more about the upcoming Step ‘n Stride on page 10](#)) Happy August!

Sincerely,

Lana Tordoff

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What Moves Me!

Written by: Justin Rempel

My name is Justin Rempel, and I am a certified personal trainer under the Canadian Society for Exercise Physiology, the gold standard in personal training. I am also a certified PWR!Moves Instructor and a Certified Cancer Exercise Specialist (CES).

My grandfather was diagnosed with MS at a young age, and lived the majority of his life in a wheel chair. As a young child, I remember that he was always very positive, and had the best sense of humor. This is also what I continue to see with my participants on a weekly basis. It is truly inspiring, and has changed my view on life for the better. So when I was first introduced into a program helping individuals with Parkinson disease, I very quickly connected with the participants, and I took my role very seriously.

As I spend the majority of my career working at a private medical clinic as an Exercise Specialist, a large

passion of mine has been running my own Parkinson disease Exercise program here in Calgary. I have been honored to have Kinesiology students from the University of Calgary volunteering their time in order to learn more from the program, myself, and participants of the program.

My goal for this program is to continue to help others improve their symptoms and quality of life by improving balance, walking, cognitive functioning, strength, and as well as providing a community.

I am happy to share simple descriptions of three of the exercises I do in my program to help and motivate everyone at home!! Repeat for 10- 15 repetitions of each exercise for 2-3 sets. Always ensure the appropriate safety measures, such as a safe open space, assisted device, a partner nearby, etc.

PWR! UP (Sit to Stand)

1. Stand (or sit) with feet hip width apart to ensure stability.
2. From standing, squat and push your hips back (as if you were going to sit down) while reaching your hands forward. Try to keep your knees behind your toes. If doing this move while seated, push your hips back in the chair while you reach your hands forward.
3. After a brief pause stand up (pushing your hips forward) while stretching your arms to your sides and squeezing your shoulder blades together.
4. Repeat this 10-15 times, or as many as you feel comfortable doing. Be sure to count out loud to give your voice a work out too!





SITTING



STANDING

REACHING

1. From a standing or sitting position (feet hip width apart), reach out to one side with your arm outstretched and fingers wide while maintaining core stability/overall balance. (Reaching too far may throw you off balance.)
2. Turn your head to look at your outstretched hand or a spot on the wall. Switch sides.
3. As you reach to the right, count out loud number sequences; as you reach to the left, letter sequences. *So stretch to the right – say “1”, stretch to the left “A”, stretch to the right “2”, stretch to the left “B”, etc.*
4. Repeat this 10-15 times, or as many as you feel comfortable doing.

TWISTING

1. From a standing or sitting position (feet hip width apart), reach your right hand across your body to the left (opposite side).
2. Keep your fingers wide, both thumbs facing upward and turn your head to look at your outstretched hand.
3. If you are standing, be sure to turn your hips and knees with the movement.
4. Repeat this 10-15 times, or as many as you feel comfortable doing.



SITTING



STANDING



LITTLE PIECES...

Finding Motivation in the Fight against Apathy

Written By: **Brandi La Bonte**

Disorders of motivation, such as apathy, are common in Parkinson disease, and a key feature of such disorders is a greater aversion to effort¹.

Apathy, much like the thief we've likened Parkinson disease to during Parkinson's Awareness Month, steals little pieces of humanity from the people it touches. Those everyday little pieces that we so often take for granted - the ability to truly think, feel or care. Apathy makes it seem unimportant to exercise, take one's medication, play with the grandkids, watch a hockey game, or do any of the myriad of tasks and activities that make up one's daily life.

"The greatest danger to our future is apathy."
- Jane Goodall

Now Ms. Goodall was talking about conservation and chimpanzees, but the statement holds true to life with Parkinson's as well. Doing nothing (no exercise, no social engagements, no attention given to emotional and mental health, etc) is counterproductive when it comes to life with Parkinson disease. As we know, Parkinson's is a progressive disease; and the little pieces of life it steals, be it from a physical perspective or due to apathy, start to have a negative impact over time. And, the biggest challenge when it comes to fighting apathy is that it is hard to turn apathy into something positive. It can be a struggle to fight the danger that is apathy when everything seems so insurmountable, so huge, so impossible.

But what if it weren't? What if you started by doing something small? One short walk, one cup of coffee, one story with the grandkids. Isn't doing something, even a small something, better than doing nothing at all? And, what if that one small action led to another small action? Without even realizing it now you are building a positive motivational foundation from all of those small successes. Then before you know it, these little pieces of motivation and action are **ADDING** a positive impact to life with Parkinson's!

Ummm, but Brandi didn't you just say apathy itself makes it hard to be and stay motivated?!? Why yes I did, but if our clients have taught me anything over the past 10 years it's these two things: 1) *the fight is strong in our community*; and 2) *if you don't try, nothing will ever happen*.

So how do we find motivation? How are we motivating ourselves? Our patients, clients or loved ones? Is it individual performance or a team-based approach? I would contend it has to be a bit of both, as that seems far more effective. You can and should encourage and motivate yourself, but getting encouragement and motivation from others can be a powerful force. (Who doesn't like having their own personal cheering squad?!?)

From a self-motivation perspective: Research shows that the strength of a person's commitment (motivation) to follow through on necessary tasks/undertakings will be much greater if they find the proposed information or activity "useful for their illness, treatment or quality of life."² This means ensuring you are informed and educated about **WHY** and **HOW** information, tasks and activities can benefit **YOU!**

From a team-based approach: We know that unhappiness and frustration can block or slow the motivation process. Reaching out for and/or accepting help and support from others can get you back on track.

Start small. Be informed. Stick with it. Build on small successes. Ask for help. I can't promise it will be easy (in fact it might be hard, especially to start); but I can tell you that it is **NOT** hopeless. And I can also tell you, we are here to help you and cheer you on!

References

- 1 McGuigan S, Zhou S, Brosnan M, Thyagarajan D, Bellgrove M, Chong T. Dopamine restores cognitive motivation in Parkinson's disease. *Brain*, Volume 142, Issue 3, March 2019, Pages 719–732, <https://doi.org/10.1093/brain/awy341>
- 2 Golay A, Lagger G, Giordan A. Motivating Patients With Chronic Disease. *Journal of Medicine and The Person*, 2007; 5(2): 57-63

NEWS + updates



COVID-19/PANDEMIC UPDATE

At press time COVID-19/pandemic restrictions are not conducive for our indoor, in-person program offerings. However, as we head into fall that may change, please contact your Regional Client Services Coordinator or call us toll-free at **1-800-561-1911** to get all the latest information on programming.

In the meantime, we will continue to offer both one-on-one/family support sessions and summer socials as outdoor, in-person program options for August and September. ***Please note that these outdoor programs require 6ft social distancing and strongly recommend that participants wear a mask.*** Our one-on-one/family support sessions, along with support groups, speaker series, exercise, social singing, etc are also offered online and/or via telephone.



ANNUAL GENERAL MEETING

Monday, September 28

5:30PM – McDougall United Church, Calgary

An RSVP is required as space will be limited due to COVID-19/pandemic restrictions. Alternate viewing/participation options are being looked into to accommodate members from across the province.

To RSVP please call our toll-free line (1-800-561-1911), our Calgary Office (403-243-9901) or email info@parkinsonassociation.ca.

If you have any questions, please contact the Edmonton Office (780-425-6400) directly or the toll-free number listed above.



NEW SUPPORT GROUPS!

We are excited to announce the addition of FIVE (5) NEW support groups; two provincial groups and three region-specific groups. The specific details (dates, times, etc) can be found on page 17.

» Provincial (these groups are ZOOM/Call-In only)

- DBS/Duodopa Support Group
- Widow/Widower Support Group

» Edmonton Region

- Whitecourt

» Grande Prairie Region

- Care Partner

» Red Deer Region

- Care Partner

STEP 'N STRIDE PLEDGE DROP OFFS

We are happy to announce that staff will be on hand to collect your cash and cheque Walk pledges!

In Calgary and Edmonton this will take place both during regular business hours in the week leading up to the Walk (September 8-11) AND on Walk day, September 12 from 12PM - 2PM.

In the rest of our Walk locations - Camrose, Cochrane, Grand Prairie, Lethbridge, Lloydminster, Medicine Hat, Red Deer, and Whitecourt - Pledge Drop off will take place on Saturday, September 12 from 12PM - 2PM.

These locations will be shared via our social media, weekly e-update and website shortly. You can also call your Regional Coordinator for more details.



Written by: Brandi La Bonte

Apathy is a hindering but poorly understood disorder characterized by a reduction in motivation. As well as being associated with several neurological and psychiatric disorders, (including Parkinson disease), apathy is also prevalent to varying degrees in healthy people.

Merriam-Webster defines apathy in the following ways:

1. lack of feeling or emotion: impassiveness; and
2. lack of interest or concern: indifference.



The definition seems clear enough, but the experience is another matter. How does a person experiencing apathy describe how he or she is feeling when, in essence, they aren't feeling much at all. Writer Sventlana Whitener may

have stated it best: ***"How can you describe something that is essentially the absence of most everything else?"*** Are you sad? No. Are you upset? No. Do you want to (fill in the blank)? Not really, no.

Apathy, as a symptom of Parkinson disease, is more often than not, more frustrating for the people around the person experiencing it. The person with Parkinson's may feel content with things the "way they are" and does not understand why you are being so persistent. If you are a care partner, family member or friend it can feel as though your loved one is being

lazy, distant, difficult or even uncaring. This can lead to feelings of anger and frustration--"why won't you help yourself?" or "why won't you just do what needs to be done?" Though it doesn't necessarily make things easier, it is important to remember that apathy is a symptom of Parkinson disease.

What does apathy look like in parkinson's?

In the simplest terms, if you are a person with Parkinson disease you might find that you can't concentrate, complete tasks, start conversations or enjoy things/activities you used to. From a more technical perspective apathy, in relation to Parkinson disease, is a non-motor symptom characterized by a loss of interest, enthusiasm, and motivation. Apathy may present itself in some of the following ways:

- » Lack of effort or energy to do everyday tasks such as personal hygiene, exercise, or even taking medication
- » A lack of concern about one's/their own issues, problems or needs
- » A reliance on others to plan daily activities
- » Loss of interest in familiar or new things (ie: conversations – planned and spontaneous, meeting new people, participating in activities)
- » Indifferent/detached responses to news or personal events—good or bad (unemotional)

What causes apathy?

For some, problems and/or damage to the brain's frontal lobe (the part of the brain that regulates important cognitive skills such as emotional expression, problem solving, judgement, etc) seem to cause apathy. For those with Parkinson disease the exact cause of apathy is unclear, but scientists believe it may be related to the chemical changes that occur in the brain as a result of Parkinson's. That theory makes sense when you consider that dopamine not only regulates movement, it affects motivation and feelings of enjoyment. And, with dopamine (specifically a lack thereof) playing such a large role in Parkinson disease it is easy to see how researchers posit that theory.

How is apathy diagnosed?

Diagnosing apathy can be difficult. Not only can it present similar to depression, but generally people with apathy are unlikely to bring up concerns to their doctor. In many instances it is a care partner or family member who will bring it up to their loved one's treating physician.

Healthcare professionals have access to a variety of rating scales and may use the following criteria to diagnose apathy. The criteria are often based on observed or informed changes in:

- » motivation (lack thereof)
- » mood
- » behavior and/or thinking
- » effect on quality of life

How is apathy treated?

There are no medications currently approved to specifically treat apathy. Some physicians "may prescribe a traditional antidepressant or medication that activates dopamine and/or enhances what is called a cholinergic function¹. Unfortunately, this treatment route is not always effective. You may be referred to a mental health professional (psychiatrist, psychologist, etc) who may be able to help you or your loved one find ways to become more motivated. Parkinson Association of Alberta Client Services Coordinators can also help by offering practical information, emotional support and knowledge on available community resources.

What can I/we do about it?

Keeping motivated is important for both the person with apathy and their care partner/loved ones. Following these tips can help both parties meet the challenges:



- » Get support – allow friends and family to help you maintain social and leisure activities and find renewed joy in life
- » Establish a daily routine that includes everyday tasks as well as fun and enjoyable activities, rewarding yourself/your loved one for participation
- » Keep a health/mood journal and use it to help initiate a discussion with your doctor about what you/your loved one might be experiencing
- » Set attainable goals for each day (ie: walk the dog, meet a friend for coffee, walk to the mailbox, etc)
- » Exercise, eat well and get a good night's sleep
- » Research indicates that keeping active can improve your mood and help you feel more positive. Activities could include (but should not be limited to) art, music, yoga, tai chi, etc.

Though the person experiencing apathy is often not concerned by their symptoms, it can make one's life less enjoyable and put a strain on relationships with care partners, family and friends. It is important to talk to your doctor if you or your loved one may be experiencing apathy.

References

- 1 European Parkinson's Disease Association (EPDA) Apathy. <https://www.epda.eu.com/about-parkinsons/symptoms/non-motor-symptoms/apathy/>



Written by:
Alicia Jeffrey



Parkinson Association of Alberta is pleased to announce the 8th Annual Flexxaire Parkinson Step 'n Stride is going virtual! COVID-19 may have put a damper on our traditional Walk Day; but we are still approaching it with the same excitement, camaraderie and energy! People with Parkinson disease, their families and friends will enjoy a summer of challenging each other, comparing notes and raising much needed funds to support the work Parkinson Association of Alberta does all year long!

The Step 'n Stride is our largest fundraising event of the year with funds raised going to support our programs and research. That hasn't changed, in fact as we head into our sixth month in the time of COVID, people are accessing our programs more than ever! In year's past our fundraising goal has been \$400,000. And while we know the Parkinson's community rallies when times are tough; we recognize the uniqueness of today's pandemic economy and so have set the 2020 fundraising goal at \$250,000.

In the weeks and days leading up to the event hundreds of participants will walk, bike, run, swim or attend virtual fitness classes to raise funds for Parkinson disease programs and research in Alberta.

We have partnered with local health and fitness experts from across the province to bring you weekly workouts every Saturday on our social media channels.

Participate in all six live or via our Flexxaire Parkinson Step 'n Stride YouTube channel to be entered to win a flight for two to anywhere WestJet flies! A big thank you to corporate sponsor, WestJet for providing this exciting prize!

Watch our social media and weekly e-updates for contests, prizes and draws both provincially and by region.

DATE

EVENT

August 1	F45
August 8	Yoga with Chandra
August 14	Champs Boxing
August 22	Body by ME
August 29	Oranj Fitness
September 5	TBD

And then, on Saturday, September 12 all participants of the 8th Annual Flexxaire Parkinson Step 'n Stride will have access to our exciting online event! This unique event will bring motivational messages from Parkinson Association of Alberta's Board Chair, Martin Kratz, and Chief Executive Officer, Lana Tordoff; musical performances, fitness breaks and more!

Registration is open at www.stepnstride.ca! Our upgraded online registration system is easy to use. If that isn't for you, you can still use our paper form (page 19) to fundraise. So gather your family and friends and get ready to "Walk Together" for Parkinson's!



Apathy vs Depression

Written by: Brandi La Bonte

Apathy and depression are common neuropsychiatric disorders that are often present in other conditions. In fact, depression and apathy may often be considered “common symptoms” in many neurological diseases such as Parkinson disease and Alzheimer’s. And while they are two separate disorders, they share some overlapping attributes which can make it difficult to tell them apart. See diagram below¹.

Apathy Symptoms

Reduced initiative
Decreased participation in activities unless engaged by another person
Loss of interest in everyday activities
Emotional indifference
Diminished emotional reactions
Less affectionate than usual
Lack of concern for others feelings of interests

Overlapping Symptoms

A slowing down of thought and a reduction of physical movements (psychomotor retardation)
Inability to feel pleasure (anhedonia)
Abnormal lack of energy (anergia)
Less physical activity than usual
Decreased enthusiasm about usual interests/activities

Depression Symptoms

Sadness
Feelings of guilt
Negative thoughts and feelings
Helplessness
Pessimism
Self-criticism
Anxiety

Apathy presents itself as reduced interest and motivation; however the mental state of altered mood (sadness, helplessness, lack of self-esteem, etc) which describes depression is not present (in apathy). Depression and apathy are both defined by poor initiative and loss of interest for daily activities but these conditions can be differentiated according to cognitive and emotional features².

Making the distinction between apathy and depression is complicated. And complicating matters further is how each is treated. Pharmacological approaches may be different and in some cases drugs used to treat depression may worsen the symptoms of apathy². It is important

to differentiate between the two to ensure the best possible outcome for the person experiencing either. If you or a loved one may be experiencing feelings of apathy or depression it is important to speak with your treating physician.

References

- 1 Pagonabarraga J, Kulisevsky J, Strafella A, Krack P. Apathy in Parkinson’s disease: clinical features, neural substrates, diagnosis, and treatment. The Lancet Neurology May 2015 Volume 14, Issue 5, P518-531
- 2 Iacobacci C. Common and Different Features Between Depression and Apathy in Neurocognitive Disorders. Clinical and Experimental Psychology (2017) 3: 163. doi: 10.4172/2471-2701.1000163

MOTIVATION DRIVES RESILIENCY

Written by: Brienne Leclaire

A lot of people assume that motivation and resilience are one and the same, when in fact they are two distinct entities. Motivation is an internal energy that moves or motivates our behavior towards or away from something; while resilience is our inner ability to bounce back after challenges or adversity. Motivation relates to resiliency in that it requires motivation to be resilient. At the most basic level, motivation drives resiliency. In this article we'll focus on resilience and its importance in life.

Resilience refers to the capacity to spring back from a physical, emotional, financial, or social challenge. Being resilient gives us the ability to adapt in the face of tragedy, trauma, adversity, hardship, and ongoing significant life stressors¹. Resilience helps us take on challenges, form stronger relationships and embrace new experiences. And gives us the ability to bounce back or move forward through challenges or adversity.

A helpful way to look at it is to compare resiliency to water in a well while viewing stressors and/or hardships as a fire. When a well is full one can easily access the water to quickly put out the fire. When a well is empty or low there is struggle to put out the fire. This is much like our resiliency reserve. If that reserve is full we can easily adapt and overcome challenges. As that reserve is emptied we have less resiliency to overcome challenges.

A lack of resilience is associated with poor self-care, depression, apathy and an overall lower sense of health and wellbeing. When we lack resiliency we struggle to overcome obstacles both big and small.

A low level of resiliency can affect our ability to cope in a healthy way when facing life's bigger and/or more monumental challenges. For example the death of a loved one, a change in job, a big move or even a diagnosis of Parkinson's. When we do not have that reserve the impact

of these challenges can be greater and last longer. That said, resiliency isn't just helpful for life's bigger challenges, it's also beneficial for those smaller, every day challenges like our vehicle not starting or dropping our lunch on the floor.

HOW DO WE BUILD RESILIENCY?

There are three categories to building resiliency:

- » self-care,
- » social connections and relationships, and
- » thinking style.

First up, self-care. When we take care of ourselves we are better equipped to handle challenges. This keeps our well full and helps replenish it as it empties. Self-care is our personal health maintenance and encompasses activities



set to restore our physical, mental and emotional health. Examples of self-care are eating healthy, attending regular doctors' visits, visiting family and participating in activities/hobbies.

Creating a self-care plan that focuses on all three areas and putting it into writing can help motivate us to stick to it and accomplish our goals!

The second is our social connections and relationships. When we feel connected and have others to turn to for help we increase our resiliency. Cultivating our connections gives us a network of support. These can be friends, family, professionals or anyone significant in our lives. Expanding our networks gives us diverse resources to help cope with a crisis and gives us outside support when facing challenges. Volunteering, joining a club and/or starting a new hobby or activity are ways we can strengthen and create new social connections.

Finally, thinking style. As individuals our thinking styles are all different and vary throughout the course of our lives. How we think impacts our resiliency. To help build resiliency and keep our thinking style from draining that reserve we need to reflect on just what our thinking style is. To do this we look at common thinking traps. Thinking traps are negative thinking styles that impact our resiliency and in some cases increase stress.

Some common thinking traps are listed below².

» **Jumping to conclusions**

Making assumptions without sufficient evidence

» **Mind reading**

Assuming what another person wants, thinks or feels without sufficient evidence

» **Catastrophizing**

Turning a small situation into a disaster; making a "mountain out of a molehill"

» **Overgeneralizing**

Explaining events or situations in absolutes (ie: always, never, everyone)

Identifying these thinking traps and taking these thoughts and disproving them or changing them into more positive thoughts helps maintain our resiliency.

Let's use the overgeneralization thought trap as an example. **"I am always late."** To remove this thought trap we can change it into a more positive thought and remove the absolute. The new thought would be something along the lines of **"I was late today and that's okay. Next time I**

will leave earlier." This change removes the absolute and frames the thought in a more positive way.

In general, resiliency is something that ebbs and flows throughout our lives. It is something we naturally maintain for the most part. When things become overwhelming or major life events occur we can go to our well of resilience. And once we have bounced back or made it through we can remember to take stock of our resiliency levels and use some of the above strategies to focus in on building that reserve back up.



You might be wondering "How will I know if my resilience well is full?" The good news is that it doesn't take a complicated test or scientific data to determine if our resilience well is full (or refilling). Simply put, we will simply feel better after bouncing back from or moving forward through challenges and adversity. Of course, feeling better doesn't happen overnight; it can take time, but if we are resilient we will feel better.

Many people living with and affected by Parkinson disease are resilient, despite the physical, psychological, and social challenges they face. Parkinson Association of Alberta Client Services Coordinators can customize a variety of strategies and options to help promote and build motivation and resilience. For more information contact your local Parkinson Association office.

References

- 1 Resnick B, Gwyther L, Roberto K. Resilience in Aging: Concepts, Research, and Outcomes. Springer, 2011 edition (Oct 2010)
- 2 DeRosier M, Raab L. SCORE Student Curriculum on Resilience Education, 2012

LET'S GET STARTED!

Registering for Step 'n Stride

Written by: Alicia Jeffrey



How do I register?

Visit www.stepnstride.ca, click the blue "Register" button. If you have participated in the Step 'n Stride in the past, you can register with your old login info. If you can't remember, click "Forget Your Username or Password" to reset it. You have the option now to "Create New Account" or connect using your Facebook account (you will need a Facebook account and we recommend that your web browser is already signed into Facebook prior to selecting this option).

Select a location click next, read over and accept the waiver, select the registration type. Are you registering as an individual, joining a team someone already created or creating a team for your family to join?

As An Individual:

Continue on and fill in your personal information to register. Read over and select the permission questions that apply to you. Here you can also add your family members such as children.

Join A Team:

Search for the Team Name, Captain First or Last Name, click "Search", the team and captain should show in the box on the right, select the team and click next to fill in your personal information.

Create a Team:

Enter your teams name, a description and a fundraising goal you have. By creating a team, you will become the team's captain. Review the Permission Questions and select what applies to you.



What if I forget my password or login information?

At the top right of our webpage, click "Login" and closer to the bottom right select "Forgot username/password", please enter your email and follow the prompts to update your password. If you are still have trouble please email us at stepnstride@parkinsonassociation.ca

If I participated in the past do I still have to register?

Yes, each year we require participants to sign the waiver before our event. Therefore you will still be required to follow the prompts for this year's event.

What information do I need when I'm registering?

When registering you will need your full name, address and phone number. Will you be registering a team or as an individual? It's okay if you want to join a team later or create one after.

Is my information safe?

Yes, the site is secure and when you use a credit card or any method of payment online your information is not accessible to anyone. The site also has a 20 minute timer, this is to prevent anyone accessing your information when making a payment etc.



How do I personalize my webpage?

Once you are logged into your account, select the "Participant Page" on the right hand side. Your page at the top right says "Edit your Page". You can now select the grey squares. The camera square will allow you to add photos, the pencil section is where you can type your personal message to encourage donors to support you and your team. Finally you are able to add a photo by including a YouTube or Vimeo link. Once you click out of any grey square the site will save your changes automatically. Click "View Page" on the top right to see what your page will look like to your potential donors.

How do I create a team or join a team?

You can create a team at registration by selecting "Create a Team". Give your team a name, fundraising goal and continue through the registration process you. You may also register and search for a team at the top right of the page. On the team page click the "Join" button. Individuals can only be a member of one team and those who set up a team become the team captain!

How do I find a team already created and join it?

When you visit www.stepnstride.ca you are able to search a team or an individual by selecting "search" on the top right of the page or scroll down on the main page to find the search bar. Start typing the team you are looking for. Can't find them? They may have not selected to be searchable.

Steps to Manage Your Team

Login into your profile and in the left-hand menu there is a box that says "Team". From here you can e-mail your current team members, recruit new ones, and edit your team page (to include videos or photos). Be sure to thank your donors that have donated supported your team.



How to fundraise:

Login into your profile (on the upper right of www.stepnstride.ca). As an individual or a team member/captain, you are able to send emails directly from your fundraising page by clicking "Emails" on the right hand side of your personal page.

You are able to email to:

» Ask for Donations » Recruit Friends » Thank Donors

Share your personal profile link on your social media or your team link to receive donations to that team. Family members and the public are also able to search for individuals or teams from the search bar at the top right of the website page.



How can I donate?

You can donate by visiting www.stepnstride.ca, clicking the big blue "Donate" button or following an individual or teams link to donate to that single individual or to a particular team you are proud to support. You can use the search option on the top right of the page to find an individual or a team to donate too.

How do I donate to an individual or a team?

You can donate to a family member or team by following their link (ask them to send it to you), select it through the email they may have sent you, or visit www.stepnstride.ca and use the search engine found on the top right of the site.

How do I email my team members or donors?

Once logged into your Step 'n Stride account, on your personal web page on the left hand side you will select the "Emails". Here you have the option to "Recruit Friends" or "Ask for Donations". Select "Ask for Donations" in the square found in the middle of the screen or under "Create an Email" on the top right drop down.

Once you select the type of email you would like to send you can select, (on the top right) "Address Book" (the may have been imported from past years) or you are able to "Import" emails from various sources (Google, Outlook etc). From you Address Book you can click the box to select the contacts you would like to email. The emails are created for you and you are welcome to edit and personalize them before sending.

How do I share my fundraising page on social media?

Once you are logged into your account. Click "Participant Page" on the right hand side. At the top right select the "Share" button. From here you can select to share on Twitter, Facebook or by Email. You can also copy your link and paste it while including a message for your community to support your fundraising efforts.

Yes, when you login on the right hand side there is an "Activity Feed". You will be able to see who donated and who has joined your team (if you are a captain). You can also view the "Emails" tab on the left hand side and if someone has donated they will be listed.



SUPPORT GROUPS

At press time COVID-19/pandemic restrictions are not conducive for our in-person Support Groups. However as we head into fall that may change, please contact your Regional Client Services Coordinator to find out whether a Support Group will take place via ZOOM, telephone, or in-person for each month.

ALBERTA (ZOOM/CALL-IN ONLY)	1-800-561-1911
1st Tuesday – DBS/Duodopa	1:00PM
1st Thursday – Widows/Widowers	9:30AM
2nd Wednesday – Under 55	7:00PM
3rd Thursday – General Parkinson's	10:00AM
CALGARY REGION	403-243-9901
AIRDRIE	
3rd Tuesday	10:00AM
CALGARY	
1st Tuesday – Northwest	10:00AM
1st Thursday – Northeast	10:00AM
2nd Tuesday – Southeast	10:00AM
3rd Tuesday – Care Partners	1:30PM
3rd Thursday – Southwest	10:00AM
3rd Saturday – Parkinson's Plus	12:00PM
4th Tuesday – Southeast	10:00AM
4th Tuesday – Young Onset	7:00PM
CANMORE	
2nd Thursday	1:30PM
COCHRANE	
2nd Thursday	10:00AM
NANTON/HIGH RIVER	
4th Thursday	10:00AM
STRATHMORE	
1st Thursday	1:30PM
EDMONTON REGION	780-425-6400
CAMROSE	
2nd Wednesday	3:30PM
EDMONTON	
1st Wednesday – South	1:00PM
1st Thursday – Care Partners	10:00AM
3rd Wednesday – Central	7:00PM
FORT SASKATCHEWAN	
4th Tuesday	1:00PM
LEDUC	
4th Tuesday	6:30PM
PARKLAND (Spruce Grove/Stony Plain)	
4th Thursday	10:00AM
SHERWOOD PARK	
2nd Tuesday	1:00PM

EDMONTON REGION...continued	780-425-6400
ST ALBERT	
3rd Tuesday	10:00AM
WESTLOCK	
Last Monday (Mar, Jun, Sep & Dec)	1:30PM
WHITECOURT	
3rd Thursday	1:00PM
GRANDE PRAIRIE REGION	780-882-6640
GRANDE PRAIRIE	
2nd Wednesday	2:00PM
4th Wednesday – Care Partners	11:00AM
LETHBRIDGE REGION	403-317-7710
LETHBRIDGE	
3rd Thursday	2:00PM
LLOYDMINSTER REGION	780-808-5006
BONNYVILLE	
3rd Tuesday	10:30AM
LLOYDMINSTER	
2nd Monday - Care Partners	10:00AM
4th Tuesday	2:00PM
VERMILION	
2nd Tuesday	1:00PM
MEDICINE HAT REGION	403-526-5521
MEDICINE HAT	
4th Tuesday	1:30PM
RED DEER REGION	403-346-4463
CARE PARTNER (ZOOM/CALL-IN ONLY)	
3rd Thursday	2:00PM
CASTOR	
4th Tuesday (Feb, Apr, Jun, Aug & Oct)	1:30PM
LACOMBE	
4th Wednesday	10:00AM
OLDS	
2nd Wednesday	1:30PM
RED DEER	
3rd Wednesday	10:00AM
ROCKY MOUNTAIN HOUSE	
2nd Thursday (Jan, Mar, May, Sep & Nov)	2:00PM
THREE HILLS	
1st Wednesday (Feb, May, Aug & Nov)	1:30PM



Finding Motivation & Balance as a Care Partner

Written by: Brandi La Bonte



Caring for a loved one can be very rewarding, but it also can involve many stressors. These stressors, in addition to “every day” stressors, can make staying motivated as a care partner difficult.

Finding ways to stay motivated in your everyday life is essential to ease stress levels, find/maintain balance and lead a more positive life. Whether you are a new care partner or a caregiver who has been at this for a while these three tips can make it easier to find motivation, stay energized and avoid burnout, both now and in the long term.

1. Practice self-care (*make time for yourself*)

Practicing self-care does not mean you are choosing yourself OVER your loved one. It simply means that you are being mindful of your own needs so you are better able to support the person/people you care about.

Find a person or place AND activity (-ies) you can go to for motivation and inspiration. From support groups to church; family members to trusted friends; surrounding yourself with people who help you feel supported, heard and seen can be a great motivator. Think of these people as your own personal cheerleaders!!

Write out or think about a list of activities that bring you joy. These activities do not have to be elaborate or take a lot of planning. It can be something as simple as sitting down with a cup of tea and a good book, listening to music, or going for a walk. The sky is the limit; anything that makes you feel better is WORTH a little bit of time out of your day or week!

Once you find the people and activities that work for you in terms of motivation, you can continue to utilize them throughout your caring journey.

2. Ask for help

Too often people think that asking for help is a sign of weakness; when in fact, it is the opposite. Providing care to a loved one can be a mentally and physically demanding process that can take a toll on mental and physical health.

Take a moment to do an assessment of your day-to-day responsibilities with a critical eye; looking for areas where help could be beneficial – be it from a physical or emotional perspective. From running errands, to spending time with your loved one while you attend to other things – there are ways others are ready, willing and able to help – you just need to ask!

3. Don't forget about the BEES!

Breathe. Eat. Exercise. Sleep. When you find yourself feeling sluggish, frustrated or overwhelmed remembering to practice some wellness basics may help.

Taking a couple of deep breaths can help you take a moment to focus and re-center.

Eating well is key to feeling well. Just like your brain needs oxygen to function at its best, your body needs food to fuel it throughout the day.

Exercise, in addition to being good for you physically, is also good for you mentally. It provides your body with feel good endorphins to help keep you energized and motivated!

Getting a good sleep is arguably the most important way to maintain a healthy lifestyle. A lack of sleep can impact psychological and cardiovascular health, metabolism and your immune system. Developing a consistent nighttime routine can be very beneficial. Some examples include: prioritizing sleep, establishing a set bedtime, and avoiding artificial light -- cell phones, tv -- 60 minutes before bed.



2020 REGISTRATION FORM

Complete this registration form and sign the waiver. Once you have collected all your pledges, please take all pledges and pledge forms to a PAA representative, you may

mail cheques with completed forms to **Parkinson Association of Alberta Head Office #120, 6835 Railway St. SE, Calgary, AB T2H 2V6, PLEASE DO NOT MAIL CASH.**

PARTICIPANT REGISTRATION FORM

Last Name: _____ First Name: _____

Address: _____ City: _____ Province: _____ Postal Code: _____

E-Mail: _____ Home Phone: _____ Cellular Phone: _____

I would like my donations to be raised for (region): _____

☐ **I wish to receive email updates from Parkinson Association of Alberta**

WAIVER

In signing this release I acknowledge that I understand the intent thereof, and I hereby agree to absolve and hold harmless Parkinson Association of Alberta (PAA), the corporate sponsors of the event and any other parties connected in any other way with this event in any way, singly, or collectively, from and against blame and liability for any injury, misadventure, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the "Parkinson Step 'n Stride", or any activities associated therewith. I also give full permission for use of my name, photo and video in connection with this event.

Signature of participant or guardian (If under 18 years of age): _____

Date: _____

PLEASE ENSURE TO:

- » **Fill out the form completely and print clearly; accurate mailing addresses must be included to receive charitable tax receipt**
- » **Tax receipt for pledges of \$20 or more**
- » **Make cheques payable to "Parkinson Association of Alberta"**
- » **Donations can be made by Cash, Cheque or E-transfer to PAA Accounting email; accounting@parkinsonassociation.ca**
- » ***For E-Transfer please include the name and city of the walker, in the memo field being pledged**

PAGE _____ OF _____ PAGES

Charitable Registration Number: 10809 1802 RR0001

1-800-561-1911 | www.STEPNSTRIDE.CA

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Opening September, 2020
7755 110 Avenue, NW Calgary
jaguarroyaloak.com



VALENTINE VOLVO

11 Richard Way, SW Calgary
valentinevolvo.com



VOLVO ROYAL OAK

Opening June, 2021



Graphic by: Alicia Jeffery



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Register Today: www.stepnstride.ca or call 1-800-561-1911