

Parkinson PULSE

Connecting people living with Parkinson disease in Alberta



September
7 & 8

STEP 'N STRIDE WITH PARKINSON ALBERTA

Join Albertans Moving Forward for Parkinson disease in your community.

[View back cover for more information](#)



Partners in Success **P.8**

Step 'n Stride sponsors come on board

World Parkinson Congress **P.12**

Top ten reasons why you should go



Parkinson

Alberta

NEEDS A NEW LOOK!

We need a new logo that identifies and exemplifies who we are and what we do for Albertans affected by Parkinson disease and we are turning to you, our readers, for help!

Parkinson Alberta is calling for submissions of designs to be used in the creation of our new look. Draw on your creativity, your personal experience with Parkinson disease and the knowledge you have of PA, then let your imagination run wild!

Some things to keep in mind when designing a logo:

- A logo must be appealing and explain what our organization does and what we stand for.
- Our logo will be used on everything from a business card to a billboard. Your design must clearly identify us in any situation, at any size.
- Your design will appear with the Parkinson Alberta wordmark seen on this page. A good design will balance well with it in scale, style and tone.
- The blue and black colours in the wordmark have been selected by PA and must be incorporated into your design. You may add up to two more colours that work in harmony.
- Our logo must represent us as a stand-alone, Alberta-based Parkinson organization and therefore, cannot include a tulip or the colour red.
- It is important that our look is as unique as we are. Please do not copy logos of other organizations-it's illegal, and not nice.
- We need to see your idea on paper. Draw, paint, sketch, etc. your logo; or use a computer program to create it. Minimum size must be 5x5 inches, and/or 160 dpi.

Have a great idea? Share it with us!

Submit as many designs as you like no later than 5:00 pm on Monday, August 19.

Email to Brandi at:

blabonte@parkinsonalberta.ca

Or, mail to:

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

Our new logo will be revealed on September 7 and 8 at the Parkinson Step 'n Stride walks.

All submissions become the property of Parkinson Alberta and will not be returned to you. Chosen design(s) may be altered, manipulated, and used at PA's discretion. No compensation will be offered to the creator(s) of the chosen design(s). We will, however, acknowledge you and thank you for your gift of creativity!



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Summer 2013

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Parkinson Alberta

Who We Are?

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

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

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

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T 403-243-9901
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102, 11748 Kingsway
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103, 10901 – 100th St
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F 780-882-7674

Lethbridge Office

1254 – 3rd Ave S
Lethbridge, AB T1J 0J9

T 403-317-7710
F 403-327-2820

Medicine Hat Office

101, 928 Allowance Ave SE
Medicine Hat, AB T1A 3G7

T 403-526-5521
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5406D – 43rd St
Red Deer, AB T4P 1C9

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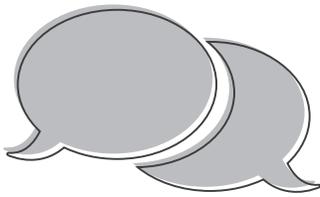
Medicine Hat Region

Beth Metcalf

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Marilynne Herron

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



From the Desk of **THE CEO**

July 1st marked the halfway point of the year—a time to take note of how far we've progressed towards our goals and also to consider our plans for the next six months. To start the process, it's best to look back over the previous six months and review what's gone on thus far.

If I were to choose words to describe the first half of the year they would be:

New Beginnings, Determination, and Resilience.

From a winter that wouldn't relinquish its hold, to a spring that came with a vengeance – over the past six months Albertans have been faced with havoc-wreaking blizzards, tornado warnings, rain and hail storms, and devastating floods. However, through it all people supported, and still are supporting, each other. Emergency responders from multiple communities assisted in a 100-car pileup in the middle of a blizzard. Volunteers from Fort McMurray to Medicine Hat gathered to sandbag and move people to higher ground. Strangers offered to help shovel sludge, deliver clean water and share their homes. Through it all there has been a sense of community regardless of the hardship. As the new theme song for the Calgary Stampede suggests, through "Hell or High Water" we will be strong together. It is the overwhelming coming together of people to help others that makes this province such a great place to live.

That same spirit of people helping people is at the very core of who and what Parkinson Alberta is. We may have had some tumultuous moments, but through all the changes and disruptions we have emerged stronger and more determined than ever. At the midway point of 2013, I am happy to report that all areas of our business (including Client Services, Fund Development, and other service areas) are doing well. The feedback we have been receiving from our membership and stakeholders has been overwhelmingly positive. People are feeling supported, and in turn, we are feeling supported by the people.

As I look ahead to the last half of the year, I think of the following words :

Steadfast, Engagement, and Anticipation.

Parkinson Alberta is Alberta's organization for people living with Parkinson disease. We will remain true to our commitment to support individuals and families as they transition along their journey. Over the next six months we will be looking at ways to increase involvement in our organization. There are so many different ways to get involved from attending a support group, program or education session to purchasing a membership, telling us your story, or participating in one of our many fundraising initiatives. We need your support and commitment to be successful.

There is excitement on the horizon, starting with a summer full of events – both returning favorites and new endeavours. On August 7th, Parkinson Alberta and the Gordon and Diane Buchanan family will be making a momentous announcement that will launch a first-of-its-kind project in Edmonton, the province and our country. We are very grateful to the Buchanan family, their colleagues, friends, and all who share our vision to enhance the quality of life for people living with Parkinson disease. Additional details will appear on our website (www.parkinsonalberta.ca) as they become available.

On September 7th & 8th our new Parkinson Step'n Stride walks will take place. Here we will unveil our new Parkinson Alberta logo. The fall will also see the return of support groups, programming, and educational sessions – including some new undertakings. And, suddenly, it's winter again and the end of another year.

As I look both back and ahead, I can say, without a doubt, that life is exciting and unpredictable. One never knows when something will occur that will impact us. It's comforting to know that there are people out there who are willing to support and help others through those times.

I'm proud to say that Parkinson Alberta is one of those "people"!

Taking the **NEXT STEP**

By Dave Rackham



Dave Rackham (back row, centre) and his supporters

“As I walked with the crowd I became sensitive to what was happening around me.”

Every new stage of our life has a starting point. On the first day of school every child comes prepared a little differently – some may come already knowing how to read and others possessing social skills far above the rest. On the first day of a new job, some people already have a career plan and know exactly where they are heading and others drift aimlessly, not knowing where they will eventually end up. The same applies to being diagnosed with Parkinson disease (PD). Some are prepared, knowing what direction to take and ready to fight. Others are numb with no idea where to go or what to do. Then, there are the rest of us who fall somewhere in between, not knowing what our next step will be. The Parkinson Step 'n Stride walk this fall is a great starting point on your journey, where you can figure out what your next step will be. My participation in the walk was my 'next step.'

I was 39 years old living in Calgary when I was diagnosed with PD. When I was told, I didn't know how I should feel or how I should act. I was seeing a wonderful girl at the time, but I didn't share my feelings with her. I also kept my family at arm's length. My fears, my anger, and my disappointment in myself were all kept bottled up to eat away at me as I maintained a brave facade. Although I was put on long-term disability from my job, I kept living without dealing with the turmoil inside. Twelve years passed without me acknowledging or accepting my future.

A starting point for a new realization

When I moved to Sudbury I was introduced to a Parkinson support group. Previously, I had participated in the Parkinson walks and I did my part: I raised money, walked the distance and cleared my conscience. Something changed in Sudbury, though – I connected with my fellow 'Parkies' and I took the next step and volunteered to help with the walk. I arrived early and helped set up and I wrote an inspirational poem that I read to start off the walk. By no means did I do anything major for the event, but I had a bit of ownership in its success. When I walked that day, I noticed feeling different from previous walks.

I noticed all the friends and family members that came out to support the walk. This had happened before, but it was then I realized it was for me that they came. As I walked with the crowd I became sensitive to what was happening around me. I saw caregivers taking their spouse's hand to assist them. I saw the connection when their eyes met and noticed the smile that said “I accept you as you are”. There was a Grandpa with two of his grandchildren walking. The young child saw his grandpa's hand shaking and reached out his hand. When their hands grasped each other's, the tremors stopped. They looked at each other with a look of understanding. Unfortunately, I must have got some dust in my eye, as I had to find some tissue! The next year I was president of the support group and I took over organizing the walk for that year.



“I became emotionally attached to the walk once I took the next step. I went from using the walk to clear my conscience, to using the walk to nurture my soul.”

Make Step 'n Stride your next step

I became emotionally attached to the walk once I took the next step. I went from using the walk to clear my conscience, to using the walk to nurture my soul. The emotion that you experience when you completely commit yourself is indescribable. Take that next step! If you haven't yet participated – walk. If you have walked but haven't fundraised, set a dollar target and raise it. If you've raised money for the walk before, set a loftier goal. If you can volunteer your time, make the walk everything it can be. Take the next step!

Parkinson Step 'n Stride is Parkinson Alberta's next step and it can be your next step, too. Let's make it one small step for you and one giant leap for Parkinson disease!

If you'd like to share your story, please contact Brandi at blabonte@parkinsonalberta.ca or 780-425-6400 ext 225

Ask the EXPERTS + A

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

Question: My dad was diagnosed with PD early 2011. He is 56 years old. He was put on Sinemet three times a day. He has lost most of his movement on the right side, with stiffness. He is losing weight constantly and has lost complete confidence as communication has become challenging too. He has constant anxiety attacks and no desire to do anything. What treatments would you suggest?

Answer: Parkinson disease is a multi-system disease, meaning that it affects multiple areas of the nervous system. In addition to motor slowness, stiffness and gait problems, it can cause psychiatric symptoms (such as anxiety and depression), fatigue, apathy, and autonomic dysfunction (constipation, bladder problems, and low blood pressure). Treatment involves use of drugs like Sinemet, which will help the motor symptoms. Dose needs to be gradually increased until benefit is seen. There is also treatment for the other symptoms. For example, anxiety will respond to anti-depressants, low blood pressure can be treated with increased fluid and salt intake, etc. The physician needs to ask about all the symptoms of PD to develop the best treatment plan. Involvement of a multidisciplinary team such as physiotherapy, speech therapy, dietary, psychiatry, and other specialists is also important. This type of comprehensive care is available through the Movement Disorders Programs in Edmonton and Calgary. Parkinson Alberta can provide information and resources on all aspects of the condition.

Question: My mother-in-law has Parkinson. She has been on meds for some time. A few years ago, they found a blood clot in her leg and started treating her with warfarin. Recently, it has been found that she has a blood clot in her lung. After years of using warfarin her bones are very brittle, and she now has difficulty in breathing as her bones are slowly collapsing. Does the warfarin have any negative side effects with the Parkinson meds?

Answer: As far as we are aware, there is no interaction between warfarin and PD meds, and none of the PD meds should result in bone loss. However, people with PD tend to be less active and are at higher risk for developing osteoporosis. Regular exercise and supplementation with vitamin D and calcium are important to prevent this.

PD HELPLINE

Call 1-877-243-9992

Monday to Friday

8:30 am till 4:30 pm

Free from anywhere in Alberta

If you have a question you would like to ask, visit us online at
www.parkinsonalberta.ca/ask_the_experts

Massage Therapy for **PARKINSON DISEASE**

Jill Burk, Your Health Span Inc.

A study has shown massage therapy is an effective addition to the treatment plan of Parkinson patients. Increased sleep, reduced stress levels and fatigue, and improved daily functioning were reported by Parkinson patients who took part in the study.

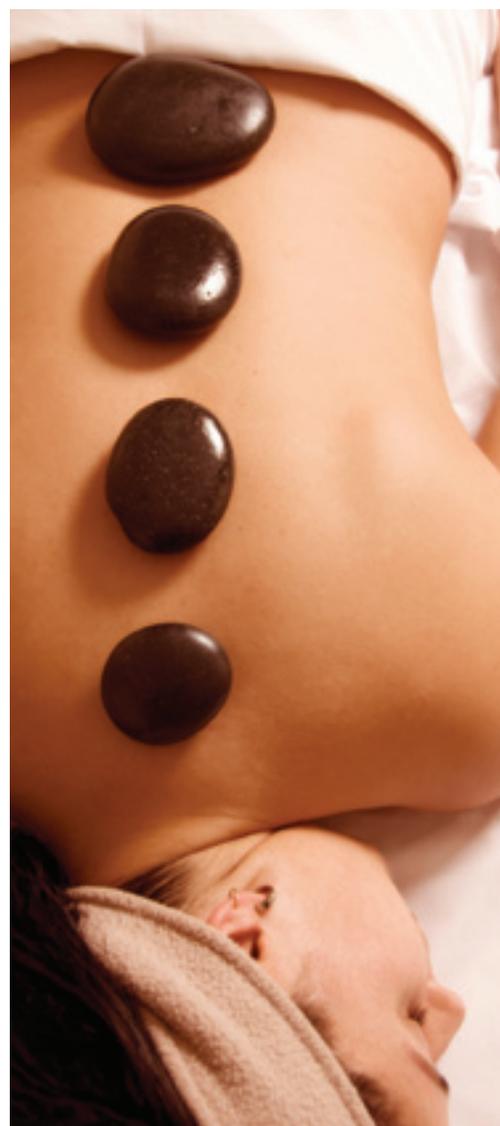
Parkinson's Disease Symptoms are Reduced by Massage Therapy and Progressive Muscle Exercises study was conducted by the Touch Research Institute at the University of Miami, along with staff from the university's neurology department and Duke University's pharmacology department. Adults diagnosed with Parkinson disease were randomly assigned to receive either massage therapy or progressive muscle relaxation for 30 minutes, twice a week for five weeks. On the first and last days of the study, urine samples were collected; participants completed self-reports on daily functioning, sleep and fatigue; and physicians evaluated the participants.

Massage therapy for less stress and better sleep

Activities of Daily Life Scale, which measures the amount of daily activities a person with Parkinson disease can perform was used by both the physicians and the participants to assess daily functioning. Urine samples were collected to determine participants' stress-hormone levels. According to the physicians and the subjects' self-reports, daily functioning improved for those in the massage-therapy group.

"These data are consistent with previous research showing improvement on activities of daily living following massage therapy, for example, for patients with multiple sclerosis and spinal-cord injuries," state the study's authors. "Together these findings suggest that massage therapy enhances functioning in progressive or degenerative central nervous system disorders or conditions." The urine samples revealed a decrease in the stress hormones, norepinephrine and epinephrine, for the massage-therapy group. Both groups reported more effective sleep by the end of the study, but the massage group alone reported less sleep disturbance.

A new pilot project focusing on massage and Parkinson disease is now taking place in southern Alberta. Find out more in the News & Updates section on page 10.



Source: The Touch Research Institute and the Department of Neurology at the University of Miami School of Medicine; Duke University Department of Pharmacology. Authors: Maria Hernandez-Reif, Ph.D., Tiffany Field, Ph.D., Shay Lergie, Christy Cullen, Julia Beutler, Chris Sanders, William Weiner, Dinorah Rodriguez-Bateman, Lisette Zelaya, Saul Schanberg and Cynthia Kuhn. *Parkinson's Disease Symptoms are Reduced by Massage Therapy and Progressive Muscle Exercises* was originally published in the *Journal of Bodywork and Movement Therapies*, July 2002, Vol. 6, No. 2, pp. 177-182.

PARTNERS IN SUCCESS

“...if you put in a little more than you take out, or at least try to, you should come out a winner or feel good about yourself, whatever you're doing in life.”

At Parkinson Alberta we measure our success by the services and support we offer, and the lives that benefit from them. As a stand-alone Alberta-based charitable organization, we rely on generous donors to help in the work we do for people affected by Parkinson disease.

Support of Parkinson Alberta has allowed us to continue offering programming that includes singing to enhance Parkinson voices, walking groups, art therapy, support groups and supportive counselling, and learning opportunities. As support for our organization grows, so can our services. Our goals are to expand our existing programs across the province to reach more Albertans in need, and to add more new and exciting programs to our schedule.

To achieve these goals, fundraising is necessary and Parkinson Alberta Step 'n Stride is our largest fundraising event. We are targeting nearly 50% of our fundraising revenue to come from this province-wide event. This year we are excited to have eight cities participate: Calgary, Cochrane, Edmonton, Grande Prairie, Lethbridge, Lloydminster, Medicine Hat and Red Deer. We are pleased to announce two provincial Step 'n Stride sponsors: Flaman Group of Companies and Gordon Buchanan Family Foundation. Both have generously provided financial support to our 2013 event.

Flaman Group of Companies has a history that spans more than 50 years. The company has grown from a rural-based reseller of grain bins that operated on the family homestead, to a major western Canadian retailer

with locations across the prairies and a diversified product line. Founder, Frank Flaman, is also a respected philanthropist and the company has long been involved in supporting local charities and causes that improve the quality of life for people both locally and globally.

Gordon Buchanan has a belief that has been a guiding philosophy in both his business and his life. "We try to put back at least a part of what we take out – it's a trade-off in my opinion. Life itself is that way – if you put in a little more than you take out, or at least try to, you should come out a winner or feel good about yourself, whatever you're doing in life." Under the business leadership of Buchanan, Buchanan Lumber is a contributor to both industry and community. For over 60 years, the family-run business has produced superior quality western spruce products with a focus on the future through sustainable forestry and zero-waste products.

Many thanks to Flaman Group of Companies and Gordon Buchanan Family Foundation for their generosity. We are pleased to have you partner with us in supporting those affected by Parkinson disease through Step 'n Stride 2013.



FLAMAN



We wish to thank the sponsors across the province who support the walk in their community. Your generous donations ensure **Step 'n Stride 2013** will be a success!

Cochrane

Direct Energy
 Display Co.
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 Weston Bakeries
 M&M Meats
 Big Chief Beef Jerky
 Safeway
 Shoppers Drug Mart
 Grand Avenue Pharmacy
 MacKay's Cochrane Ice Creamery

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 Spice Route
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Red Deer

Big 105/The Drive
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 Symphony Senior Living Inglewood
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 Canadian Wholesale Club

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Edmonton

United Cycle
 Crystal Glass
 Save-On-Foods
 Interpipeline
 Gibson Energy
 Good Earth Cafe
 Arctic Chiller
 Budget Car Rental
 (Downtown Location)

** Sponsors as of July 16, 2013.*



NEWS

+ updates

Affected by Flooding in Alberta?

If you have been affected by flooding in Alberta, you may find this helpful:

- Social-based service support (AISH, Income Support, etc) is available via the Government of Alberta's Human Services Supports page at <http://human-services.alberta.ca/flood-update.html> or by calling Alberta Supports at **1-877-644-9992** to have your call directed to the most appropriate support area.
- Various mental health supports may be available in your community by calling the AHS Mental Health Helpline at **1-877-303-2642**.
- A flood-specific resource called "Support for Albertans Affected by Flood" is available through the Alberta Health Services website at <http://www.albertahealthservices.ca/Advisories/ne-pha-ahs-support.pdf>
- For other flood related information call the Alberta Disaster Recovery Program information line at **1-888-671-1111**.

New Board Members

On May 3rd, at our Annual General Meeting, we welcomed five new Board Members: Suzanne Ebelher, Debbie Headon, Alan Hyland, Tanis Robinson, and Sharon Sprinkhuysen. We also said farewell to three Board Members: Cori Crawford, Dr. Bin Hu, and Paul Moreau. We thank you all for your dedication and commitment to Parkinson Alberta.

On-site Massage Therapy

As part of a new pilot project in Calgary and Lethbridge, Parkinson Alberta and Your Health Span Inc. are providing on-site massage therapy to clients with Parkinson's, their family and all other members of Parkinson Alberta. These services can be provided at home, in hospitals or care facilities, or as a fundraiser at an office. All therapists are able to issue receipts for insurance purposes. A percentage of every appointment fee goes back to Parkinson Alberta to continue providing services for members. Call Jill at Your Health Span (**403-560-5329**) for more information or to book an appointment or visit www.yourhealthspan.com.

A New Support Group!

Parkinson Alberta is pleased to announce the addition of another support group! The Cold Lake support group will begin meeting this September. Please see the schedule on page 17-18 for details. If you, or someone you know, are interested in having a support group in your community, please call our toll-free line at **1-800-561-1911**, email us at info@parkinsonalberta.ca, or contact the Parkinson Alberta Office closest to you (contact information is listed on page 2).

Tax Tip: ENCOURAGING FIRST TIME DONORS

Here's some exciting news to share that will encourage first time donors to pledge your Step 'n Stride participation!

Federal government introduces Super Credits

The federal government has announced a temporary First-Time Donor's Super Credit (FTDSC). The existing non-refundable Charitable Donation Tax Credit (CDTC) is calculated at 15% for all donations made up to \$200, and 29% for all donations over \$200. With the FTDSC, all donations made by

first-time donors from March 20, 2013 to December 31, 2017 qualify for 25% extra credit. As this is a temporary supplement, the Super Credit can only be claimed once between 2013 and 2017 taxation years.

Who is a first time donor?

You are considered a first-time donor if neither you nor your spouse or common-law partner has claimed the CDTC in the five previous taxation years.

Donation Credit Example (source: Canada Revenue Agency)

First \$200 of charitable donations claimed (CDTC):	$\$200 \times 15\% =$	\$30
Charitable donations claimed in excess of \$200 (CDTC):	$\$300 \times 29\% =$	\$87
First-Time Donor's Super Credit (FDSC):	$\$500 \times 25\% =$	\$125
Total CDTC and FDSC:		\$242

As a first-time donor, a \$500 donation will actually only cost \$258!

For more information, please visit the Canadian Revenue agency at www.cra-arc.gc.ca

Parkinson
Alberta



facebook

Like us on Facebook at www.facebook.com/ParkinsonAlbertaSociety



TOP 10 REASONS

to go to the WPC in Montreal October 1-4

by Alison Wood

Author's Note: When I was asked to tell people why I enjoyed the World Parkinson's Congress, this Top Ten list came quickly to mind. I had no idea the WPC website had done the same.

However, much of the content is different, I stand by it, and hope to see you there!

#10 – Since the WPC is held every three years, this one in Montreal could be the closest (and therefore most inexpensive) chance to attend a World Congress on Parkinson's available in our lifetime!

#9 – Montreal is a beautiful city, and from October 1 – 4 there is an excellent chance that the maple leaves will be red! I have always wanted to see that! Do you?

#8 – For those four days, we who have Parkinson's will no longer be a member of a visible minority. We will be a visible majority!

#7 – While at the WPC for those four days, no explanations will be expected or needed for tremours, freezing, spilling, table manners, violent shaking, being slow, talking quickly, or any of the usual and/or unusual manifestations of the condition of Parkinson's.

#6 – There is no better place than WPC to learn everything there is to know about all aspects of Parkinson's, get tips for living with it, be the first to hear about new research, and share ideas for advocacy, fundraising, lobbying governments.

#5 – All courses are taught by the experts who actually

do the work: the people we see on T.V.; the scientists who run studies; the health care personnel and pharmacists who work with us; and the people from every country and every walk of life who have become expert in living well with Parkinson's from personal experience. Classes are tailored for size, content, and are broken into 15 minute blocks. Usually three experts in the topic form a panel and speak for 15 minutes each on their particular work regarding the topic, followed by last fifteen minutes for questions from the floor. Equal opportunity is offered to professionals and those who live with it to attend and query. Speakers and some of the top neurologists who attend will answer your personal questions in these situations and at other convenient times.

#4 – Caretakers can benefit from courses designed for them, ideas for new coping strategies, and opportunities to develop an international support group. It would also be one of the best opportunities in the world for caregivers to get away and relax, do something to rejuvenate alone or on your own (a.k.a. putting your oxygen mask on first), secure in the knowledge that your partner will be safe, understood, helped if necessary, and surrounded by people who know how to handle Parkinson's. For four days caretakers may wish to walk



in historic Old Montreal, shop in quaint boutiques or couture stores; visit art galleries, museums, the second largest botanical garden in the world, or the Bioderm that allows you to visit animals in their own habitat; take a ferry to Isle Sainte-Helene; participate in a favourite sport; relax at an outdoor restaurant or spa, wander through a park; perhaps see a show or a Habs game. Whatever interests you, Montreal has it!

#3 – We who live with Parkinson’s can network with others all over the world and share ideas for advocacy, lobbying, coping, pressuring governments, learning to be a squeaky wheel to name a few. Hearing someone else’s idea often causes the mind to piggyback and create a new twist. There will be a lot of experts present, many of whom will want to hear your experience and your ideas. Even the greatest mind cannot equal the brainpower of a group of minds.

#2 – There is power in numbers. In Alberta, Parkinson’s seems to be ignored in comparison to the attention that other conditions and diseases receive. Ten years ago, our September fundraising walk was a big attention-getter in Edmonton. Now it is buried amongst all the other groups who walk in September. Google Edmonton walks, and the most popular hit is a blogger who listed 22 charitable walks in Edmonton in September. Parkinson’s and our walk were not even on his list! A World event will demand the notice of our journalists and politicians, especially if the number of Canadians attending is high.

AND THE #1 REASON TO ATTEND THE 3RD WORLD CONGRESS IN MONTREAL, OCTOBER 1 – 4, 2013 IS - You will return home feeling informed, empowered, knowledgeable, eager to share what you learned and ready to set aside money for the next three years in order to ensure you are at the 4th World Congress, wherever it might be held!

This article was submitted to Parkinson Pulse by a client and was printed without edits or corrections. We appreciate the submission, however Parkinson Alberta makes no claims as to its accuracy.

3rd WORLD PARKINSON CONGRESS

Palais des congrès
October 1–4, 2013 | Montréal, Canada

Science, Community, Hope
Science, Communauté, Espoir

The 3rd World Parkinson Congress is a unique international event designed to bring together the full spectrum of people who live with Parkinson’s disease and those who serve the Parkinson community. We hope this cross-pollination helps in finding a cure as well as identifying the best treatment practices for people living with Parkinson’s.

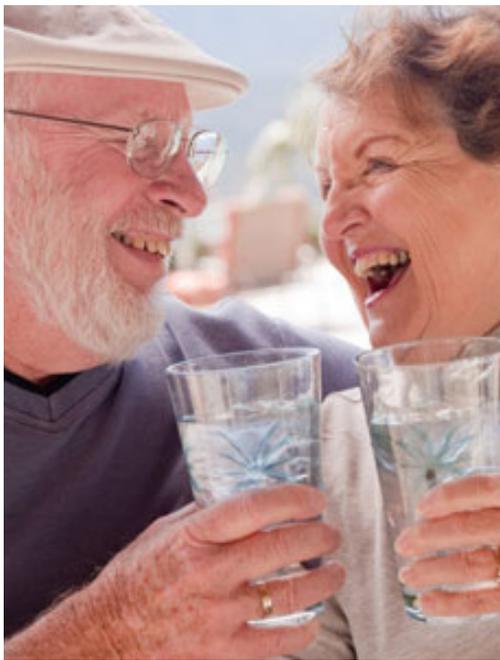
Attendees will include:

- Neurologists • Researchers • Geriatricians
- Nurses • Rehabilitation Specialists
- People with Parkinson’s disease
- Carepartners • Family
- Representatives of industry, government, and professional medical and scientific organizations

Important Dates

- December 2012**
Abstract submission site opens
- January 2013**
Registration opens
- April 2013**
Abstract submission site closes
- July 2013**
Reduced registration rate ends

www.worldpdcongress.org
The official language of the WPC 2013 is English.



The Importance of Drinking Water and **PARKINSON DISEASE**

Summer is finally here! This is a good time for a reminder about the importance of fluid intake. We all know that we should drink non-caffeinated beverages every day to stay healthy, but it is easier said than done.

As a person with Parkinson disease, you need sufficient fluids for a variety of reasons. You are more likely to have constipation, bladder and urinary tract infections, dry eyes and dry mouth from some medications, and thirst. If you are not drinking water consistently now, start slowly and add one-half cup each day until you reach six eight-ounce glasses per day.

Cranberry juice is a great addition to the fluids you drink daily. Not only does it add variety, it is especially helpful if you are prone to urinary tract infections as well. Active compounds in cranberry juice help prevent growth of the bacteria that causes the infection.

Feeling thirsty is an important clue that you need fluids. If you have chronic dehydration though, you may not feel thirsty at all and you may find yourself in a dangerous situation. Unless you have been told to restrict your fluid intake the best idea is to start and maintain the habit of drinking four to eight glasses of water per day. Remember that if you drink caffeinated or alcoholic beverages, you need to increase your water intake.

Here are some tips to help you meet your fluid requirements each day:

1. Carry a water bottle with you at all times, especially when it is hot outside or when you are exercising.
2. Take your medications with a full glass of water each and every time.
3. Drink a full glass of water each time you brush your teeth.

If you make these three activities a habit, you will be well on your way to taking care of your fluid requirements!

EVENTS

+ updates

Third Annual Shooting for Parkinson's

The third annual Shooting for Parkinson's event will be held at the Edmonton Gun Club on Saturday, August 10th. This year's event is being hosted by Amanda Chudoba, winner of the women's Canadian nationals in trapshooting for the past four years. Amanda is committed to raising awareness about PD on behalf of a family member, as well as sharing her passion for trapshooting.

For more details or to register please call Kayla at 780-425-6400 or visit our website at www.parkinsonalberta.ca/upcoming_events



PAST EVENTS

Here's the Scoop!

Three Marble Slab Creamery Ice Cream Scoop Nights have been held in Medicine Hat, Edmonton and Calgary, raising over \$400. What a delicious way to raise awareness and funds!

Hope Did Bloom

The annual Hope in Bloom tulip sale had another successful year with sell-outs in Grande Prairie, Red Deer, Edmonton and Medicine Hat. The campaign netted \$21,160 in both pre-sales and location sales. Don't forget that the bulbs can be planted in your garden this fall for beautiful blossoms next spring!

Another Medicine Hat Garage Sale Success!

The Medicine Hat support group's annual garage sale was a big success. The sale raised \$827! Thank you to Bill and Carol; Garnet and his son, Henry; Eileen; Alma; Juanita; Ada; and Lynda for volunteering! Also, thank you to everyone who supported the sale through donations and purchasing of items. The support group also thanks the Saamis Rotary Club for picking up the electronics for their E-Waste Round-Up.

Lethbridge Show 'n Shine awards "Best in Show"

Sunshine and warm temperatures greeted participants and visitors alike at the third annual Texaco Xpress Lube Show 'n Shine that took over Lethbridge on Saturday, June 29th. Nearly 50 entrants made a donation to Parkinson Alberta for a chance at winning one of the top three prizes, plus Parkinson Alberta's "Best in Show 2013" trophy. When all was said and done, Cindy Crawford was awarded the Best in Show and \$1,030 was donated to Parkinson Alberta. On behalf of Parkinson Alberta, we'd like to recognize and thank Mike and Barb Gerk for their community spirit and support of our charity at this year's event.



Lethbridge Client Services Coordinator Brian Treadwell presents Cindy Crawford with "Best in Show" at the Texaco Xpress Lube Show 'n Shine



HELL OR HIGH WATER PARKINSON ALBERTA'S FLOOD RESPONSE

It's expected to be some of the areas worst flooding in decades – some say in the century. Water rose quickly, and over 110,000 people were evacuated from their homes, leaving Parkinson Alberta (PA) staff across the province feeling helpless, not knowing if any of our clients had been affected, and having limited means of reaching out.

On Friday, June 21st PA Medicine Hat office, learned the flooding situation was perilous and knew there were members living in the flood zone. In an effort to ensure clients' safety, our Medicine Hat Client Services Coordinator called clients to pass along emergency phone numbers and remind them of evacuation deadlines.

We also began posting messages on our Facebook page to provide flood-affected clients across the province with information and resources. We also listed financial and other support resources on our website, directing people to Alberta Health Services' and Government of Alberta's Human Services Supports websites and toll-free phone numbers.

During the week of July 2 – July 5, Calgary Client Services Coordinators called over 140 clients to see if they had been affected by the flood and to offer any information, resources or support. The clients we spoke with were genuinely thankful and appreciative for the call; responding to our staff with feedback such as, "so nice of you to call", "very thoughtful" and "how kind of you!" among many other positive statements. Fortunately, the majority of the people we connected with had not been affected directly by the floods except for one 92-year-old woman who had been evacuated from her home for nine days and knew nothing of the prepaid debit card to which she was entitled.

Making phone calls and posting information was our way of letting clients know that they were not alone, that Parkinson Alberta was there for them. All Albertans have been touched by this tragedy in one way or another. Even if water did not reach our homes, we have been affected by watching the disaster in the media or by having a friend or family member impacted. And, like so many other Albertans, we did what we could to help.

SUPPORT GROUPS

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

CALGARY REGION		Tanya Good/Kate Tuff 403-243-9901
CALGARY		
1st Monday of the month	10:00 am – 11:30 am	Hope Lutheran Church – 3527 Boulton Rd NW
1st Thursday of the month	10:00 am – 11:30 am	Hope Lutheran Church – 3527 Boulton Rd NW
2nd Monday of the month	10:00 am – 11:30 am	McDougall United Church – 8516 Athabasca St SE
4th Monday of the month	10:00 am – 11:30 am	McDougall United Church – 8516 Athabasca St SE
4th Monday of the month Young Onset	7:00 pm – 8:30 pm	Hope Lutheran Church – 3527 Boulton Rd NW
COCHRANE		
2nd Thursday of the month	10:00 am – 11:30 am	St. Andrew's United Church – 128 – 1st St E
NANTON		
4th Thursday of the month	10:00 am – 11:30 am	St. Cecilia's Catholic Church – 2308 – 19th St
EDMONTON REGION		Yona McGinnis/ Susana Vela 780-425-6400
EDMONTON		
3rd Wednesday of the month Young Onset	7:00 pm – 9:00 pm	PA Edmonton Office – 102, 11748 Kingsway
3rd Thursday of the month	7:00 pm – 9:00 pm	St. Joseph's Hospital – 10701 – 29th Ave
SHERWOOD PARK		
2nd Tuesday of the month	1:00 pm – 3:00 pm	Bethel Lutheran Church – 298 Bethel Dr
SPRUCE GROVE		
4th Thursday of the month	6:30 pm – 8:30 pm	Family and Community Services – 105, 505 Queen St
ST. ALBERT		
3rd Tuesday of the month	1:00 pm – 3:00 pm	St. Albert Seniors Centre – 7 Tache St
WESTLOCK		
Last Monday of the month	1:30 pm – 3:30 pm	Room 140, Provincial Bldg – 2, 10003 – 100th St
GRANDE PRAIRIE REGION		Gennevieve Vaillancourt 780-882-3262
GRANDE PRAIRIE		
2nd Tuesday of the month	2:00 pm – 4:00 pm	Wildrose Manor – 9358 – 70th Ave
3rd Monday of the month Caregiver	12:30 pm – 2:30 pm	PA Grande Prairie Office – 103, 10901 - 100th St

INSIDER'S TIP: Cut this page out to use as a quick & easy guide to support groups.

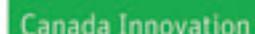


SUPPORT GROUPS

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

LETHBRIDGE REGION		Brian Treadwell 403-317-7710
LETHBRIDGE		
3rd Thursday of the month	2:00 pm – 3:30 pm	Lethbridge Senior Citizens Org. – 500 – 11th St S
RAYMOND		
3rd Wednesday of the month	2:00 pm – 3:30 pm	Prairie Ridge Centre – 328 Broadway S
LLOYDMINSTER REGION		Debbie Headon 780-846-2669/Barb Foxall 780-425-6400
COLD LAKE		
3rd Tuesday of the month	7:00 pm – 9:00 pm	Cold Lake Regional Health Centre – 314 – 25th St
LLOYDMINSTER		
4th Wednesday of the month	7:00 pm – 9:00pm	Dr. Cooke Extended Care – 3915 – 56th Ave
WAINWRIGHT		
3rd Tuesday of the month	2:00 pm – 4:00 pm	Provincial Building – 810 – 14th Ave
MEDICINE HAT REGION		Beth Metcalf 403-526-5521
BROOKS		
1st Wednesday of the month	1:00 pm – 3:00 pm	Orchard Manor – 951 Cassils Rd W
MEDICINE HAT		
2nd Tuesday of the month Caregiver Circle (Caregivers only)	1:00 pm – 3:00 pm	PA Medicine Hat Office – 101, 928 Allowance Ave SE
2nd Wednesday of the month Men with PD	1:30 pm – 3:00 pm	PA Medicine Hat Office – 101, 928 Allowance Ave SE
4th Tuesday of the month	1:30 pm – 3:00 pm	Kinplex Social Room – 2055 – 21st Ave SE
RED DEER REGION		Marilynne Herron 403-346-4463
LACOMBE		
4th Wednesday of the month	1:30 pm – 3:30 pm	Trinity Lutheran Church – 5227 C&E Trail
OLDS		
2nd Wednesday of the month	1:30 pm – 3:30 pm	Sunrise Village – 5600 Sunrise Cres
RED DEER		
3rd Wednesday of the month	1:30 pm – 3:30 pm	Davenport Church of Christ – 68 Donlevy St
THREE HILLS		
Please contact Marilynne	2:00 pm – 4:00 pm	Community Drop In Centre – 160 – 3rd Ave S

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





PRE-REGISTER FOR STEP 'N STRIDE

and avoid walk day lineups!

Four walk sites are offering convenient pre-registration. This is your chance to drop off your fundraising package, pick up your t-shirts, BBQ or pizza tickets, and draw tickets prior to the walk day festivities.

Calgary

Monday, August 26 – Friday, September 6

(closed Labor Day)

8:30 am – 4:30 pm

PA Calgary Office – 102, 5636 Burbank Cres SE

**If Cochrane walkers would like to pre-register, they can do so at the Calgary Office.*

Edmonton

Tuesday, September 3 – Friday, September 6

10:00 am – 4:00 pm Tuesday – Thursday and

9:00 am – noon on Friday

PA Edmonton Office – 102, 11748 Kingsway

Medicine Hat

Tuesday, September 3 - Friday, September 6

9:00 am – 3:00 pm

PA Medicine Hat Office – 101, 928 Allowance Ave SE

Red Deer

Thursday, September 5

8:30 am – 5:00 pm

September 3, 4 and 6 – Available by appointment only. Call 403-346-4463

PA Red Deer Office – 5406D – 43rd St



Parkinson
Alberta

@ParkinsonAB

Parkinson Alberta

Please fill out and mail to PA Calgary Head Office or drop off at your local Regional Office (locations indicated on page 2).

Personal Information

Mr. Mrs. Ms. Miss Dr.

First Name: _____ Last Name: _____

Address: _____

City: _____ Prov: _____ Postal: _____

Phone: _____ Email: _____

Person Living with PD Spouse/Partner has PD Family Member/Friend Professional Health Provider

I would like to learn more about volunteering I would like to receive an e-Parkinson Pulse Newsletter

Membership

Membership is \$25 annually and runs from January 1 to December 31.

I wish to BECOME a Member I wish to RENEW my Membership

Donation

Donations of \$20 and up will be receipted.

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

In Memory of _____ In Honor of _____

Please send notification of this gift to (name and address): _____

Payment

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

Please bill my: Visa Mastercard American Express

Name on Card: _____

Card Number: _____ Expiry: _____



Don't live alone with Parkinson Disease.
We can help.

All you have to do is start the conversation.

Connect with the help you need

PD HELPLINE

Call 1-877-243-9992

Monday to Friday

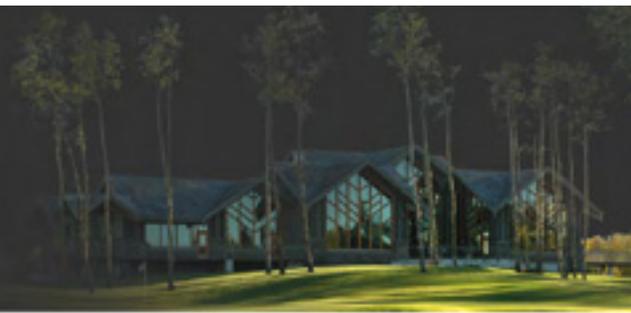
8:30 am till 4:30 pm

Free from anywhere in Alberta

In affiliation with the Calgary and Edmonton Movement Disorders Programs



BRENT PETERSON
**LIBERTY
CLASSIC**



Northern Bear Golf Club

MONDAY, AUGUST 26th 2013

NORTHERN BEAR GOLF CLUB

51055 Range Road 222, Sherwood Park, AB

7am - 8am Player Registration

8am Shotgun Start to Golf Tournament

Lunch & Charity Auction to follow

TO REGISTER

**Please call Lindsay Fichter @ (780) 988-7233
or visit www.libertyclassic.ca**

Proceeds will be donated to the



**PETERSON
FOUNDATION
& PARKINSONS**
and Parkinson Alberta





Raise awareness and funds to make every day better for Albertans with Parkinson disease and the people who care for them.

September
7 & 8

STEP 'N STRIDE WITH PARKINSON ALBERTA

Register
Online
Now!

CALGARY

Saturday, September 7

North Glenmore Park (Snowy Owl Site). Entrance at 37th St SW and 66th Ave SW

Registration: 9:30 am

Walk: 11:00 am

Contact: Heidi Sasso 403-243-9901
hsasso@parkinsonalberta.ca

COCHRANE

Sunday, September 8

Cochrane Ranche Historic Site
Just off Highway 1A

Registration: noon

Walk: 1:00 pm

Contact: Heidi Sasso 403-243-9901
hsasso@parkinsonalberta.ca

EDMONTON

Saturday, September 7

Rundle Park (ACT Centre)
Entrance at 118th Ave and
Abbottsfeld Rd NW

Registration: 9:30 am

Walk: 11:00 am

Contact: Kayla McCarthy 780-425-6400
kmccarthy@parkinsonalberta.ca

GRANDE PRAIRIE

Saturday, September 8

Muskoseepi Park Pavillion
Entrance at 102nd Ave and
102nd St

Registration: 10:00 am

Walk: 11:00 am

Contact: Gennevieue Vaillancourt
780-882-6640
gvaillancourt@parkinsonalberta.ca

LETHBRIDGE

Saturday, September 7

Indian Battle Park (Elk's Compound)

Registration: 10:00 am

Walk: 11:00 am

Contact: Brian Treadwell 403-317-7710
btreadwell@parkinsonalberta.ca

LLOYDMINSTER

Saturday, September 7

Bud Miller Park

Registration: 10:00 am

Walk: 11:00 am

Contact: Brandi La Bonte 780-425-6400
blabonte@parkinsonalberta.ca

MEDICINE HAT

Sunday, September 8

Police Point Interpretive Centre
Police Point Park

Registration: 10:30 am

Walk: 11:00 am

Contact: Beth Metcalf 403-526-5521
bmetcalf@parkinsonalberta.ca

RED DEER

Saturday, September 7

Golden Circle
4620 - 47A Ave

Registration: 9:00 am

Walk: 10:30 am

Contact: Marilynne Herron
403-346-4463
mherron@parkinsonalberta.ca



FLAMAN

Parkinson Step 'n Stride is Parkinson Alberta's largest annual fundraising effort to provide the services that make every day better for those with PD and the people who care for them.

**IT'S EASY TO
PARTICIPATE!**

Register online at www.parkinsonalberta.ca or get your Step 'n Stride form at the Parkinson Alberta or Alberta Movement Disorders Program office near you.