

# Parkinson PULSE

Connecting people living with Parkinson disease in Alberta



Call For  
**RESEARCH  
PARTICIPANTS**

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2012  
**ANNUAL REPORT**

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World Parkinson  
**CONFERENCE**

22<sup>nd</sup> Annual

# parkinson tulip tournament

July 25, 2013

**Register now!**

Only 120 spots available!

Calgary's Sirocco Golf Course is once again the site of the annual Parkinson Tulip Tournament benefitting Parkinson Alberta.

Registration and box lunch service begins at 11:30 a.m. with shotgun start at 1 p.m. Dinner is also included with your registration.

For more information and online registration, go to [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca)

SAVE THE DATE!

# Brent Peterson Liberty Classic Golf Tournament

SECOND  
ANNUAL

Registration  
OPENS  
SOON!

2nd Annual Brent Peterson Liberty Classic Golf Tournament will be held August 26 at the Northern Bear Golf Club, Sherwood Park.

FOR MORE INFORMATION VISIT  
[www.parkinsonalberta.ca](http://www.parkinsonalberta.ca)



**6** Call for Research Participants



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**22** World Parkinson Conference

Spring 2013

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# Parkinson Alberta WHO ARE WE?

Parkinson Alberta (PA) is the voice of Albertans and their families living with Parkinson disease. Our purpose is to Ease the Burden and Find a Cure through research, education, advocacy and support services. Parkinson Pulse is a quarterly publication of PA and is available free of charge to people living with Parkinson disease, supporters, researchers and community health partners. We welcome your comments, questions and suggestions.

## PARKINSON ALBERTA

Please email us at [info@parkinsonalberta.ca](mailto:info@parkinsonalberta.ca), phone us toll free at 1-800-561-1911 OR mail to: Parkinson Pulse, #102, 5636 Burbank Cres SE, Calgary, AB T2H 1Z6.

### **Calgary Head Office**

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Calgary, AB T2H1Z6

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**F** 403-243-8283

### **Edmonton Office**

#102, 11748 Kingsway Ave  
Edmonton, AB T5G0X5

**T** 780-425-6400  
**F** 780-425-6425

### **Grande Prairie Office**

#103, 10901-100 St  
Grande Prairie, AB T8V2M9

**T** 780-882-6640  
**F** 780-882-7674

### **Lethbridge Office**

1254-3 Ave S  
Lethbridge, AB T1J0J9

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

### **Medicine Hat Office**

#101, 928 Allowance Ave SE  
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**T** 403-526-5521  
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5406D-43 St  
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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**

The philosophy of Parkinson Alberta (PA) has always been to make every day a little better for people living with and affected by Parkinson disease (PD). We do that by ensuring that in everything we do and in every decision we make, our clients come first. It was this simple, yet profound statement that led to our recent disaffiliation from Parkinson Society Canada, of which most are now aware. The increased financial demands associated with the Federation were causing excessive hardship to our organization and putting the quality and level of direct support and services we offer our clients at risk.

Parkinson Alberta has never lost sight of what and who is most important: Improving quality of life for people with Parkinson disease and the loved ones who are by their side. We remain committed to our clients; to offering direct services such as support groups and one-on-one support; programming; education and information; as well as contributing to research. We will continue to ensure our clients come first.

In the last edition, I conveyed that in 2013 we would, "Continue to expand our reach, nurturing existing courses of action and fostering new opportunities" from a Client Services perspective. While from a Fund Development perspective, we would "cultivate and grow our existing events and relationships, while searching for new and creative ways to generate revenue." We are only 4 months in to 2013, and what a beginning it has been!

The Fund Development team has been hard at work as well. Our annual Hope in Bloom Tulip Campaign spread its roots across the province for the first time in the event's history, with every region participating.

A Marble Slab Scoop Night fundraiser was held in Medicine Hat, and subsequent events are being planned in other regions as well (watch our website for updates). PA was chosen as the charity of choice for the March Grapes & Gourmet Gala in Medicine Hat, the upcoming Charity Law Golf Tournament in Grande Prairie, and the Xpress Lube Show 'n Shine in Lethbridge. We are also in the midst of planning both the 22nd-annual Parkinson Tulip Tournament in Calgary and the 2nd-annual Brent Peterson Liberty Classic in Edmonton.

On the Client Services front comes exciting news from all corners of the province. I am pleased to welcome the Lloyd-

### The Good News Keeps Going:

- Six successful Education Day events were held across the province in March and April;
- Five programs were piloted/expanded: Yoga in Grande Prairie and Edmonton, Caregivers Coffee Club in Lethbridge, Afternoon at the Movies in Medicine Hat, Art Therapy in Edmonton, and Speech Practice in Calgary;
- Lethbridge Region is currently working to add another support group in the Taber area; and
- In May, Parkinson Alberta presents two education and information events – A Community Conversation in Medicine Hat, and a Research Evening with Dr. Oksana Suchowersky in Edmonton.

minster Region to the Parkinson Alberta family. The Lloyd-minster Parkinson Group (a registered Alberta charity) and PA had held several meetings over the past months, culminating in this remarkable unification.

Finally, on March 25, we were proud to launch our very own Parkinson Step 'n Stride fundraising walk, which replaces the Superwalk. With the new launch came a brand new, easy-to-use online registration system and a reinvigorated enthusiasm from our volunteers, sponsors and donors, who are eager to bring you this re-imagined event this September.

I would be remiss if I didn't mention that other Parkinson charities may send you literature asking for a donation or inviting you to their Superwalk. I would like to take this opportunity to remind you that Parkinson Alberta is not affiliated with any other PD charity and is the only organization that provides direct support and services to Albertans affected by PD.

As we embark on this new journey, we will continue to strive to be the organization that dedicates itself to hope, innovation, inspiration, making a difference, and empowering people with PD and their families to lead fuller lives. We sincerely hope you will join us.

## My Experience

# BY LORNE VAUGHAN

Early Detection  
is Crucial

“There is no need for the suffering...  
Early detection is a must.

I was a member of the Canadian Armed Forces for 35 years, joining when I was 16 years old and retiring in 1989 when I was 51 years old. Eight months prior to my retirement I attended a Military Ski School at Silver Star Mountain, in Vernon, B.C.

As luck would have it, I had a very serious accident which resulted in cervical and lumbar spinal injuries and several of my ribs being broken or separated from my spine.

Within one year, the injuries resulted in my being diagnosed as having osteoarthritis and degenerative disc disease of the spine.

Over the next few years, I found there were things I was unable to do, such as play darts—I was losing control of my right arm and couldn't hit the dart board.

As time passed the changes that were happening to my body were attributed to the osteoarthritis and medications were increased to offset these effects.

Eventually, I lost the use of my right hand, I couldn't sit up by myself, I couldn't button my shirt, or put on my shoes. I started tripping over my own feet and was having dizzy spells and falling. I was unable to roll over so I slept wherever I fell on the bed. My handwriting got so small, I couldn't decipher what I had written. I was nearly back to the “baby stage”, and my wife had to help bathe me, clothe me, cut up my food into small pieces and I had to eat with a spoon.

The lowest point came when I couldn't control my bowel, and seeing as I couldn't get out of bed by myself, I had to wear a diaper to bed. This part of my life was hell. There were times I prayed that I would not wake up.

Just when things were at their worst, a nurse I worked with at the Cancer Centre suggested that while I was waiting eight months for an appointment to see a neurologist, I should contact Dr. John Kennedy, a geriatric psychiatrist, who was in charge of the Raymond Care Centre and does extensive work with elderly Parkinson disease (PD) patients.

I was prescribed Sinemet and had immediate results and an answer – I had Parkinson disease. It took a year of tweaking the meds to get me back to a relatively normal life. I am presently doing well under the care of Dr. Kraft at the Movement Disorders Program, Foothills Medical Centre in Calgary.

We all know the telltale signs of the onset of Parkinson disease. If you see a friend or member of your community who has such signs, encourage him or her to get to a doctor for a possible diagnosis.

I lived for nearly 15 years with PD while being treated for osteoarthritis. There is no need for the suffering, not only physically but also mentally, that I endured. Early detection is a must.

# Ask the EXPERTS Q+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 wife has recently been diagnosed with PSP by a neurologist. What are the symptoms? Is it worthwhile getting a second opinion?

**Answer:** Progressive Supranuclear Palsy (PSP) is a Parkinson's plus syndrome. This condition usually presents with difficulty with gait and balance leading to falls, which are usually, but not always, backwards. As the disease progresses, visual problems arise leading to patients complaining of blurred vision and double vision when reading. This is due to the fact that the part of the brain which controls voluntary eye movements is affected so that patients have difficulty voluntarily looking down. If they tilt their head backwards, however, the eyes do move down due to reflex action.

Furthermore, alteration in mood and behaviour, including depression and apathy, may occur. In latter stages, mild dementia may supervene. Initially PSP patients superficially resemble individuals with Parkinson disease, however they typically do not respond to dopamine replacement therapy (levodopa, pramipexole or ropinirole). Falls are an early hallmark of this disease, while falls occur later in the course of the illness in Parkinson. Until the typical eye findings occur, it is difficult to make an accurate diagnosis.

A second opinion would be recommended only if your wife has not been seen by a neurologist with special expertise in Movement Disorders or her symptoms do not fit the classical presentation of this condition. Further information can be found at the following website: [www.psp.org/resources/](http://www.psp.org/resources/)

**Question:** What is the evidence that GM1 ganglioside is a promising treatment for PD?

**Answer:** GM1 is a fatty substance that is normally found in many cells in the brain. It is thought to help cells interact with each other, and stabilize the cell membranes. GM1 has been shown by some researchers to be present in a lower than normal concentrations in the brain in PD. If this turns out to be correct, we may be able to reverse the symptoms of PD by giving it to affected individuals.

However, much research still needs to be done in this area. First, this hypothesis needs to be proven. Secondly, we do not know how much GM1 is needed, or how to administer it. The other issue is that GM1 was available in Europe for treatment of some neurological problems (other than PD) and was taken off the market because of side effects. Thus we need to know that it is safe, not only effective. In summary, this is a potential treatment in PD but still in the early stages of research.

**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](http://www.parkinsonalberta.ca/ask_the_experts)

# Call For Research Participants: A STUDY OF NERVE DISEASE IN PARKINSON DISEASE

Dr. Cory Toth, Associate Professor of Neurosciences  
Department of Clinical Neurosciences  
University of Calgary

Until recently, the occurrence of nerve disease in the feet resulting in numbness and tingling, (called peripheral neuropathy) in patients with Parkinson's Disease (PD) was thought to be coincidental; however, research performed in Calgary during 2004-08 suggested that a higher than expected number of patients with PD have peripheral neuropathy.

Further study showed that peripheral neuropathy was present in approximately 50% of PD patients, as compared to only 9% of people without PD. These studies suggested that prolonged treatment with levodopa therapy may be related to development of the nerve problem, suggesting an iatrogenic (medication-caused) effect. The development of pain, sensory abnormalities and incoordination associated with peripheral neuropathy affecting the feet are particularly undesirable in PD patients who may already have difficulties with gait and balance.

Studies in our clinics and laboratory have suggested that levodopa interferes with some metabolic pathways leading to a deficiency in cobalamin (vitamin B12) and an elevation of a toxic substance called methylmalonic acid (MMA). If levodopa is indeed responsible for neuropathy in PD, the effect could be prevented by correcting these blood metabolites, maybe with something as simple as vitamin supplementation.

We are now involved in further study of this problem. We would like to examine if levodopa treatment

contributes or leads to the development of peripheral neuropathy in PD. To do so, we will need to assess newly diagnosed PD patients for peripheral neuropathy prior to the initiation of levodopa, to try to assess if the development of any subsequent peripheral neuropathy is iatrogenic and not due to the disease itself. After our initial assessment, patients will start treatment with levodopa and will return for testing after a one-year period.

“If levodopa is indeed responsible for neuropathy in PD, the effect could be prevented by correcting these blood metabolites, maybe with something as simple as vitamin supplementation.

The exact diagnosis of neuropathy is challenging, and so an extensive workup will be necessary: consisting of clinical examination, blood work, nerve testing involving small shocks, a 3 millimetre skin biopsy at the lower leg, and a test to take pictures of nerves in the eye, called corneal confocal microscopy (which is similar to having a glaucoma test performed).

We hope that we can determine the cause of peripheral neuropathy in PD patients and develop methods to prevent it before it starts.

*Identification of patients with Parkinson disease without any started levodopa therapy (levodopa agonists and other medications OK)*

*Seen at Outpatient Areas*

*Assessment for neuropathy within 7 days*

- *Clinical exam*
- *Nerve conduction*
- *Skin biopsy*
- *Corneal confocal microscopy*
- *Blood work*

*Regular follow-up at Movement Disorders Clinic*

*Patient can continue regular care, which may include start of levodopa therapy*

*Return yearly assessment including above testing*



For further information, contact Dr. Toth at 403-220-8831. In Edmonton, Dr. Suchowersky at 780-407-7497.

The study is sponsored by the Parkinson Society Canada and Hotchkiss Brain Institute, University of Calgary. It has been approved by the Conjoint Medical Ethics Committee at the University of Calgary

*Investigators: Dr. C. Toth, Dr. Sarah Furtado, Dr. Ranjit Ranaway, Dr. Oksana Suchowersky*



## NEWS + updates

### Parkinson Alberta Presents: A Community Conversation in Medicine Hat

Date: Monday, May 6, 2013

Time: 6:30 pm

Location: Medicine Hat Public Library Theatre

For more information, or to RSVP, contact PA Medicine Hat Office at 403-526-5521 or email Beth Metcalf at [bmetcalf@parkinsonalberta.ca](mailto:bmetcalf@parkinsonalberta.ca)

### Taber Support Group

PA would like to start a Support Group in the Taber area. If you, or someone you know, is interested, please contact PA Lethbridge Office at 403-317-7710 or email Brian Treadwell at [btreadwell@parkinsonalberta.ca](mailto:btreadwell@parkinsonalberta.ca)

### Parkinson Alberta Presents: A Research Evening with Dr. Oksana Suchowersky

Date: Wednesday, May 22, 2013

Time: 7:00 - 9:00 pm

Location: PA Edmonton Office

For more information, or to RSVP, contact PA Edmonton Office at 780-425-6400 ext 223 or email Yona [ymcginnis@parkinsonalberta.ca](mailto:ymcginnis@parkinsonalberta.ca)

## EVENTS + updates



### Show 'n Shine, Lethbridge

Mark your calendars for Saturday, June 29 when Lethbridge Xpress Lube hosts an Auto Show 'n Shine with all proceeds going to Parkinson Alberta!

Visit [lethbridgeoilchange.com/](http://lethbridgeoilchange.com/) for more information or contact the PA Lethbridge Office.

### Charity Law Golf, Grande Prairie

Congratulations to the PA Grande Prairie Office on being chosen as one of the beneficiaries of the upcoming 4th Annual [mylawteamsupportscharity.ca](http://mylawteamsupportscharity.ca) Golf Tournament. The tournament will take place on July 23 and 24 at the Bear Creek Golf Club in Grande Prairie.

Contact Genevieve Vaillancourt at 780-882-6640 or [gvaillancourt@parkinsonalberta.ca](mailto:gvaillancourt@parkinsonalberta.ca) for more information.

### Painting for Parkinson's, Calgary



We told you on our website about Cheryl Peddie and her generous mission to do a month of "Painting for Parkinson's". In honour of her father, who passed away in 2011, Cheryl created 32 beautiful works of art over four weeks. Twenty-one pieces were sold and a portion of the proceeds, totalling \$1500, was donated to Parkinson Alberta. This incredible woman isn't done, though. Watch our website for more exciting news from this talented artist!



2013  
*Annual Report*  
**PARKINSON ALBERTA**



## MESSAGE FROM THE CHAIR & CEO

A commitment to improving the lives of Albertans affected by Parkinson disease has been our mandate since 1973; that's a collective, 40-year history, through organizations past and present, of providing the very best information, education, and direct supports and services possible. We have been able to provide such high-quality support because of our committed volunteers, donors, board members and staff, from every corner of the province. Each one is dedicated to ensuring that clients and their families are never alone on this difficult journey. We are very pleased with what we accomplished during 2012. Of course, there were highs and lows, but overall, it has been a remarkable year.

Over the past year we focused on both governance and operations. Our Client Services expanded with new programming, new support groups, and new reach with the opening of our first northern office in Grande Prairie. We had mixed results in Fund Development, with increases in donations, bequests, grants and general revenues; while event revenues were less than in 2011. We depend on general donations, major gifts, annual giving, grants and events to help financially support our organization, and we are working hard to increase our fund development moving forward. We encourage members, the general public, and corporate Alberta to continue to support our work.

In the fall, hundreds of people turned out at meetings across the province to have a frank discussion with representatives from our board, sharing their experiences with PD, their needs, and their hopes for the future. The information gathered played a crucial role in the development of our three-year strategic plan. The resulting plan is a tool that helps guide and evaluate our organization as we move forward.

The latter part of 2012 and early part of 2013 was spent in discussions with the Parkinson Society Federation (PSF) and ultimately led to our decision to withdraw our financial support of the Federation. For several years,

PSF has required us to pay an assessment fee, even while it solicits funds from Albertans, directly taking additional monies out of the province, for which we saw few returns. Recently, a new agreement was drafted by PSF that included a higher assessment, which even at current rates in 2012, made up a large portion of our deficit. We offered PSF several counter-proposals on the assessment, but we were unable to come to an agreement. Facing an unacceptable financial outlook that would put our commitment to clients at risk, we acted to disaffiliate.

We will continue to collaborate with valuable partners -- doctors, nurses, researchers, educators, governments, businesses, foundations, and other like-minded charitable organizations. We will also continue to expand and improve our strategy to best suit the needs of Albertans affected by Parkinson disease. We will look forward, too, and continue to delve into areas like long-term and end-of-life care, as well as caregiver and family supports, as we strive to make life better for our clients.

We will follow our mission to work on behalf of all those Albertans affected by Parkinson disease -- through direct support, services, education, and information, as well as contributions to research. We take this opportunity to extend our gratitude to our PD families, volunteers, donors and sponsors, and our broader community of support, who all help make our success possible.

Respectfully,

Doug Darling  
*Chair*

John Petryshen  
*CEO*

# CLIENT SERVICES



*At Parkinson Alberta (PA), our clients come first. We are committed to providing you, our clients, with the highest quality of direct support, services, education and programming.*

## Direct Support and Services

Regardless of where you live in the province, Parkinson Alberta is there for every step of your Parkinson journey with our “3C” strategy – Click. Call. Come in.

### Click

**Our website** [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca) received tens of thousands of hits in 2012, including 12,290 new visitors to the site. Visitors have access to the latest PA news and updates, downloadable Parkinson disease (PD) information and resources, newsletters, coming events and more. Towards the end of 2012, we added an “Ask the Experts” component to our website. This interactive feature lets users submit questions directly to our panel of experts to be answered and posted on the website.

**Facebook** Parkinson Alberta on Facebook is your social connection to updates, tips and interaction with others in our community.

### Call

**PD Helpline** Parkinson Alberta’s toll-free PD Helpline (1-877-243-9992) is a helpful resource for anyone, anywhere in the province when PD questions arise. We are committed to offering quick and personal responses to improve your access to medical information and supports for everyday living. In 2012 PD Helpline calls more than doubled in volume, with calls coming in from every corner of the province.

**Local Offices** Thousands of calls were handled in our offices in 2012. Calls were received from the newly

diagnosed looking for support, those enquiring about our support services and programming, and health care professionals wanting in-services.

### Come In

**Our Offices** In July 2012, PA expanded its physical reach, when we opened our first northern office in Grande Prairie. This much needed addition brought the total number of regional offices across the province to six. Furthermore, two additional part-time staff were added, bringing the total Client Services employees to nine.

**Support Groups** We currently operate 28 support groups in 19 communities across the province. 2012 saw the addition of seven new support groups including groups in new locations and groups with a specific focus (such as caregiver-specific, men’s only, etc.). Over 4000 people attended our Support Groups in 2012, up 1400 from 2011.

**Support Services** We offer both one-on-one and family supportive counselling in a variety of delivery methods in our offices, via home visits and over the phone.

**Education and Programming** Across the province in 2012, PA held 155 programs (other than support groups) that were attended by 1940 people. More detailed information is listed on the next page.



## CLIENT SERVICES

### Education and Programming



#### Fifth Annual Hope Conference

The Fifth Annual Hope Conference for Parkinson disease was held for the first time in Edmonton on May 25-26, 2012. Over 225 attendees were offered a mix of presentations, education sessions and networking opportunities. Topics were varied and included research, PD and intimacy, care giving, anxiety and depression to name a few. Overall, the conference received high satisfaction ratings from attendees.

#### Preceptorship Program

The Preceptorship Program, now called "A Brighter Day", continued to be successful in Medicine Hat and Calgary with post-secondary partners contributing 2369 hours to Parkinson Alberta. This program has been instrumental in allowing us to strengthen and expand the foundations of the relationship between future health providers and the Parkinson community in Alberta and beyond. Further expansion into Edmonton, Lethbridge and Grande Prairie will take place in 2013.

#### Education, Information and In-Services

Continued partnerships (AHS's Living Well with a Chronic Condition) and new pilots (PD 101) complimented PA's commitment to education, resulting in almost 2000 individuals being provided with valuable PD information via 110 education sessions and in-services and 46 guest speakers. Additionally, 350 information packs and over 1000 pieces of literature were sent out to those requesting information.

PA Edmonton Region hosted a group of speech therapy students for eight weeks who assessed and provided education and speech therapy for eight clients.

#### Programming

PA continues to offer a variety of programming including singing and voice enhancement programs in Calgary, Cochrane, Edmonton and Grande Prairie; a walking group in Medicine Hat; and a PD and Dance group in Edmonton. The implementation of new programs (yoga, tai chi, art therapy, etc.) and expansion of existing programming is a priority for 2013.

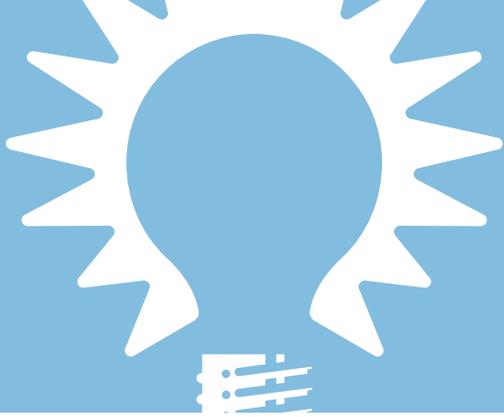
# RESEARCH

At Parkinson Alberta, we believe that there is HOPE in research. We believe the inspired minds forging paths in Parkinson research are uncovering and mapping discoveries that make a difference in the day-to-day lives of those affected by PD, and will ultimately, one day lead us to a cure.

In 2012, we contributed \$124,108 to research, and an additional \$55,000 in financial contributions were made to University of Alberta, Movement Disorders Program and University of Calgary, Movement Disorders Clinic Department of Clinical Neurosciences for nurse specialists in both clinics, ensuring Parkinson Alberta and our clients have direct access to expert advice regarding PD, medications and treatment plans. This brings the total contributions to \$179,108.

Parkinson Alberta is proud to invest in the innovative and inventive research being undertaken in all aspects of Parkinson disease.





## FUND DEVELOPMENT

Parkinson Alberta raises money to fund its mission of a future without PD and improve the lives of those affected by the disease. Our revenues come from four distinct areas:

### Donations

Be it one-time or monthly commitments, memorials, bequests, and direct and renewal mail campaigns.

### Events

We host six key events throughout the year, as well as numerous smaller events. We are also honoured to be the beneficiary of many events that others host on our behalf.

### General

This includes Membership, programming fees, investment income and growth on investments, etc.

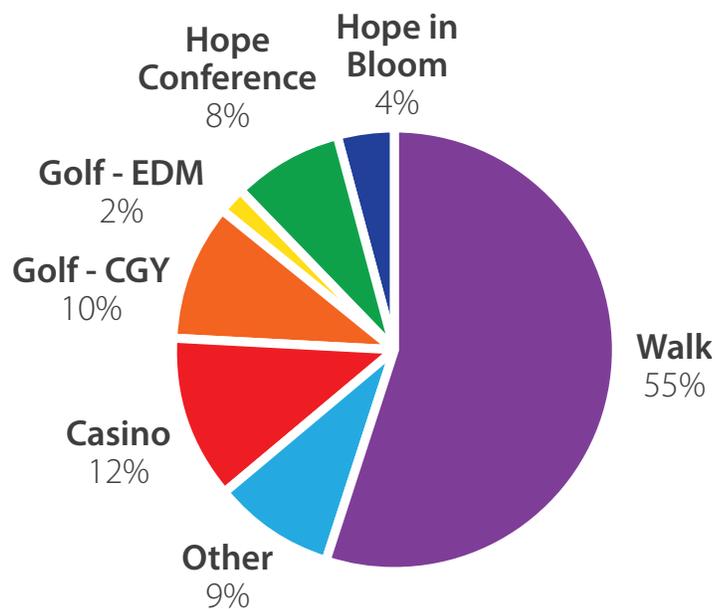
### Grants

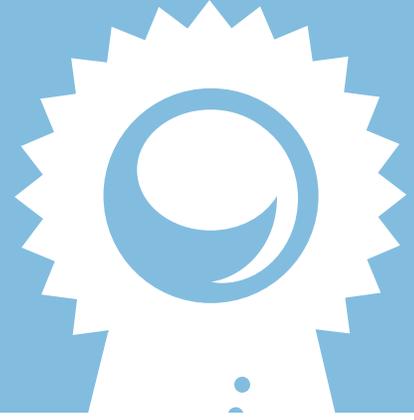
From a myriad of sources from foundations and governments to corporations and the United Way.

## 2012 Events Revenue Breakdown

The Fund Development portfolio had its ups and downs in 2012. General donations, bequests, and grants increased, as did overall revenue at our walk. We did not, however, meet our budgeted event fundraising target, though we are happy to report that we did raise over half a million dollars from just our events alone.

As we move forward in 2013, we are sure to face our share of ups and downs again. The AB Government's decision to discontinue the Community Spirit Grant and the STEP program, as well as the loss of the INDY car racing event will mean we have to search for new ways to make up for those losses. We are already hard at work developing new partnerships with donors and sponsors, as well as working to improve and expand some of our existing initiatives. Finally, we have launched and will continue to promote our exciting new walk, Parkinson Step'n Stride. We are confident that with growing support, hard work and dedication, 2013 will be an incredible year.





# DONORS

Donors to Parkinson Alberta truly demonstrate the importance of giving. The accomplishments of PA over the past year is a testament to the generosity of donors as their contributions have made, and continue to make, a difference. On behalf of every Albertan affected by Parkinson disease, we wholeheartedly thank those who support our efforts to ensure no Albertan has to face PD alone.

We are pleased to recognize the following donors who have made a financial commitment of \$1,000 or more in 2012.

## Individuals

Rita M Brown  
Ian & Darlene Bruce  
Clifford & Jeannine Burns  
Gerald Burns  
Charles Sr & Yolanda Campbell  
Dr. William & Marion Carpenter  
Daniel Clarke  
Thomas W. Harrison  
Stephanie Marques  
Bill & Julie Perks  
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Lola I Scruggs  
Gary Smith  
Dr. Oksana Suchowersky

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Tim Horton's (Medicine Hat)

Edmonton & Region  
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Ladies Auxiliary Br #17 Robertson  
Memorial Legion  
Lions Club of Calgary  
Mark Mercier Foundation (The)  
Parking for Parkinson's (2011)  
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Edmonton  
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Saamis Rotary Club of Medicine Hat  
Strategic Charitable Giving Foundation  
- Robin's Fund  
Union 52 Benevolent Society  
Unipharm & Medicine Centre UMC  
Charity  
United Way  
- Alberta Capital Region  
- Calgary & Area  
University Hospital Foundation  
Volunteers in Action Golf

## Businesses, Corporations & Communities

1619415 Alberta Inc. Gurinder Natt  
Alberta Blue Cross  
Alberta Treasury Branches  
ARC Resources Ltd.  
ATCO Group  
B&R Eckles Transport Ltd.  
Bonavista Energy Corporation  
Bouvy Exports Calgary Ltd.  
Burnswest Corporation  
City of Edmonton  
City of Medicine Hat  
Enbridge Inc.

## Foundations, Societies, Clubs, Associations & Other Events

Associazione Trevisani Nel Mondo (Edmonton)  
Calgary Foundation (The) Bill & Jean Toole Family Fund  
Edith Cavell Chapter #25 Order of the Eastern Star  
Encana Cares Foundation  
Fluor United Way Campaign  
Hellenic Canadian Community of

## Grants

City of Edmonton  
City of Medicine Hat  
Government of Canada  
United Way  
- Calgary & Area  
- Grande Prairie & Region  
- South Eastern Alberta



# VOLU

“ Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

-Margaret Mead (1902-1978)

Parkinson Alberta is grateful for the thousands of hours volunteers commit to our organization. From events and fundraising to administration and Client Services, you offer us your life experiences, compassion, abilities, and skills to help others find hope, strength and courage to move forward.

Every year Parkinson Alberta presents a Regional Volunteer Recognition Award to an individual (or individuals) in each of our six regions for outstanding service and commitment to Parkinson Alberta. Each Regional Volunteer of the Year receives a certificate from Parkinson Alberta.

## Thank You to Our Volunteers!

### Calgary Region - Candace and Don Soul

Candace and Don Soul became involved with Parkinson Alberta in 2006. Their volunteer efforts have been instrumental in organizing the Walk in Cochrane. They have generously given their time in making sure the park gates are open on time, and with Don at the helm cooking up the delicious M&M burgers, participants are guaranteed to be fed a hearty meal. Candace is always thinking about new and creative ideas to support Parkinson Alberta in fundraising. The two make an excellent team, and emphasize the importance of people coming together to support one another in raising awareness for Parkinson disease.

### Edmonton Region – Ron Cairns

Ron Cairns has been a part of the Sherwood Park Support Group for six years, choosing to continue on

with the group after the loss of his beloved wife, Linda. For those in the Sherwood Park Group, Ron is the resident “go to” guy for sending out emails, making phone calls and maintaining client contact information. He is always willing to lend a hand, or an ear, to those who need it.

### Grande Prairie Region – Linda Sodergren

Linda Sodergren has been an active volunteer and member with Parkinson Alberta in Grande Prairie for many years. Her commitment to PA is reflected in everything she does including recruiting new volunteers and members, collecting and circulating Parkinson research information, and organizing and volunteering her time at events. Linda was instrumental in bringing the Hope in Bloom Tulip campaign and the Walk to the Grande Prairie region and has been the co-facilitator of our support group for a number of years. Linda goes

# NTEERS

out of her way to assist our organization in any way she can and often enlists her family members to help with volunteer functions. Linda's devotion has helped to ensure the success of Parkinson Alberta in Grande Prairie.

## Lethbridge Region – Randy Blacker

Randy Blacker has been a constant with the Lethbridge group for many years. He always has an encouraging word and is quick to point out information that might be of interest to the group. Randy also assists in being the gatekeeper of the Lethbridge contact list, constantly updating the information and passing it along to the volunteer callers.

## Medicine Hat Region – Tanis Robinson

Tanis Robinson became involved with Parkinson Alberta in 2010 collaborating with PA on a unique hybrid pilot project known as The Brighter Day Program. Through Tanis' volunteer investment, people living with Parkinson disease and their caregivers are receiving more home visits on a consistent basis. Clients have reported that work with the students and Tanis has been educational and they look forward to the weekly visits. Caregivers are free to choose to stay for the visit or have an opportunity to use the much needed time for themselves. Because of Tanis' volunteer work, The Brighter Day Program is gaining momentum, spreading throughout the province of Alberta!

## Red Deer Region – Jeff Marchand

Jeff Marchand, RMT and owner of Recovery Labs and Networking Oil Companies, is an advocate, friend and loyal supporter of central Albertans with Parkinson disease. As a registered massage therapist, Jeff has offered free massages at the Red Deer walk for the

past 10 years. He has made financial contributions, both personally and professionally, as well as donated massage gift certificates and wellness products as prizes for many events. Jeff has also invited PA to participate in the Oilmen's Mixed Martial Arts events in Red Deer that provide PA with fundraising opportunities.





## IN MEMORIAM

Parkinson Alberta offers its deepest sympathies to the families and friends who have lost loved ones this past year. We extend our sincerest thanks and appreciation to those who have made donations in their memory.

John Abbott-Brown  
Sigrid Albrecht  
Margaret Allen  
Anthony Armstrong  
Thelma Arnott  
Janet Atkinson

James Baer  
Bob Baetz  
Celina Ballek  
Helen Barker  
Marian Adeline Bastedo  
Eva Berglin  
Alvin Bergstrom  
Earl Brown  
Cecil Edward Brown  
Alan Burghardt  
Pearl Evangeline Buskas

Linda Cairns  
Francesco Cantafio  
Margaret Casavant  
Quan Chau  
Dov Chetner  
Pamela Chick  
Adriana Claessen  
Albert Collar  
Murray Craig  
Emile Louis Dery

Pasqualino di Maria  
Lucien (Lou) Dupont  
Doreen Dyson

Edward Alfred Earle

Albert Frick

Jack Gee  
Jeffrey Gidney

Oresia Irene Grant  
Jean Greenham  
Wayne Hale  
Aileen Hargreaves  
Richard Alexander Hart  
Ellen Joan Hedderick

George Joseph Hein  
Gary Henderson  
Lyle Hier  
Edna Hleucka  
Shirley Holmes  
Roman Holtfreter  
May Horsley  
Lillian Hudson

Aldo Johnson  
Gordon Johnson  
George Jossy  
Verona Lucia Kanten  
Dave Kellett  
Mhairi Klassen  
Jannette Idell Kohls  
Robert Kopp  
Jeanne Kroetsch

Steven Lang  
William Laqua  
Neil Lepps  
Murray Leonard  
Beverly Livingston  
Carl Luczak  
Anh Thi Ly

Helen Mauch  
Grace Ellen Meston  
Deanna Milton  
Richard Moch  
Sheila Moffatt

Ernest Montpetit  
Maria Munarolo  
Vivian Murray  
Kathy Murray  
James McLaren  
Dick McKinley

Albert Nadeau  
Lila Nagel  
Joyce Neary  
Roy Nelson  
Marjorie Noyes

Dorothy Paetzel  
Mills Parker  
Hope Paton  
Elma Penner  
William (Bill) Pidde  
Lynn Pollard  
Harold Povey

Albert Rabin  
James Rhoades  
George Rife  
Sydney Robertson  
Marilyn Robinson  
Julia Rokosh  
Annie Roth  
Harold Ross  
Walter Ruff  
Marian Rutt  
George H. Rynning

Francis Sawyer  
Nadie Schaaf  
Dimitrios Selimos  
Elmer Shaw  
Ernie Smalian  
Michael Hayden Smith

Elsie Sorensen  
George Stankieveh  
James Strauss  
William Sutherland  
Margaret Svingen

Annie Taschuk  
Charles Thompson  
Raymond Thorsteinsson  
George Tsuruda

Beatrice Vollmer

Stella Wagstaff  
Eleanor Wallace  
Wesley Waters  
Iris Webb  
Janina West  
Donna White  
Jack Wickett  
Bruce Williams  
Denis Williamson  
Michael Winters  
Aileen Wournell

Shana Zimmer  
Michael Zunic

# TREASURER'S REPORT



## FOR THE YEAR ENDED DECEMBER 31, 2012

The year 2012 was a year of many highlights for Parkinson Alberta as we continued to have a positive impact on the lives of people living with Parkinson Disease and their caregivers. Through our office, with its active Board of Directors, and our CEO, John Petryshen who has shown great leadership in all areas of our operations, we have opened a new client support service in Grande Prairie and will open a service in Lloydminster in 2013. Many people have been touched in these areas, together with Cochrane, Lethbridge, Medicine Hat, Red Deer and Edmonton, through our ongoing support groups.

As in other years, we are most grateful to the United Way of Calgary and Area, the United Way of Grande Prairie and District, together with the United Way of South Eastern Alberta for their support and contribution to Parkinson Alberta. Although our Event Fundraising for 2012 did not meet our projected budget estimate, we noted increased gains from previous years in Donations and Bequests, Grants and General Revenue. We are thankful to all those who support us so faithfully.

While we continue to expand our programs, our operational costs have increased as well. The areas to note would be Client Services, which showed an increase of approximately \$115,000 over last year, and our Administration costs, which increased by approximately \$60,000. In addition, it is interesting to note that Assessment Fees and Expenses remitted to Parkinson Society Canada during the year was in the amount of \$243,300.

As in previous years, our investment portfolio, made up of bonds; mutual funds; and money markets, was well managed with a market value of \$1,129,300 at December 31, 2012.

Despite the deficiency of revenue over expenses, Parkinson Alberta remains committed to its mission, vision and successful management for all people who are affected by Parkinson disease. For me personally, it was a privilege to serve as Treasurer. I would like to thank my colleagues on staff, the Board and the many clients of Parkinson Alberta that I have met for their continued and ongoing support. Our success comes through the dedicated efforts of our volunteers working in partnership across Alberta. We move forward with a spirit of caring and optimism.

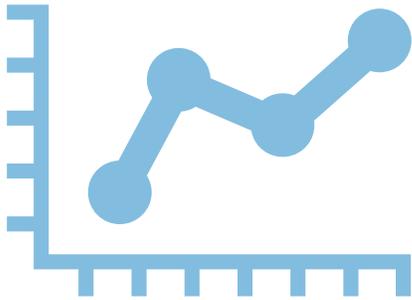
"A brighter future for Albertans living with Parkinson disease today, a world without Parkinson tomorrow".

A handwritten signature in blue ink that reads "Bruce Strachan".

Respectfully submitted,

Bruce Strachan  
*Treasurer*

The financial statements on these pages have been condensed and summarized from the 2012 audited financial statements. To obtain a complete set of financial statements, please contact Parkinson Alberta at 1-403-243-9901.



## 2012 FINANCIAL REPORTS

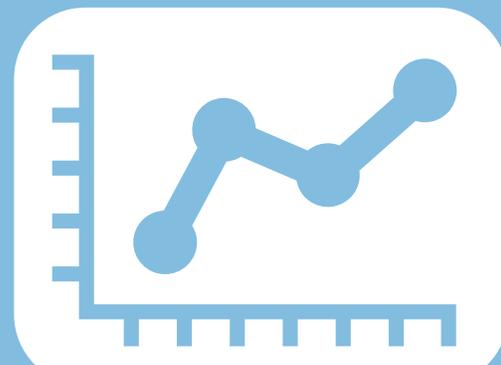
### STATEMENT OF FINANCIAL POSITION - YEAR ENDED DECEMBER 31, 2012

	DECEMBER 31 2012	DECEMBER 31 2011	JANUARY 1 2011
<b>ASSETS</b>			
<b>CURRENT</b>			
Cash	\$276,857	\$595,505	\$311,108
Accounts Receivable	\$43,599	\$38,265	\$34,085
Prepaid Expenses	\$15,199	\$11,522	\$10,969
	<b>\$335,655</b>	<b>\$645,292</b>	<b>\$356,162</b>
<b>PROPERTY AND EQUIPMENT</b>	\$36,433	\$36,190	\$35,027
<b>RESTRICTED INVESTMENT ASSETS</b>	\$1,165,121	\$1,103,711	\$1,084,364
	<b>\$1,537,209</b>	<b>\$1,785,193</b>	<b>\$1,475,553</b>
<b>LIABILITIES AND NET ASSETS</b>			
<b>CURRENT</b>			
Accounts Payable	\$102,988	\$49,098	\$78,849
Deferred Revenue	\$133,711	\$119,429	\$92,376
	<b>\$236,699</b>	<b>\$168,527</b>	<b>\$171,225</b>
<b>NET ASSETS</b>	\$1,300,510	\$1,616,666	\$1,304,328
	<b>\$1,537,209</b>	<b>\$1,785,193</b>	<b>\$1,475,553</b>

ON BEHALF OF THE BOARD

  
 \_\_\_\_\_ Director  
  
 \_\_\_\_\_ Director

# 2012 FINANCIAL REPORTS



## STATEMENT OF REVENUES AND EXPENDITURES - YEAR ENDED DECEMBER 31, 2012

	2012	2011
<b>RESTRICTED REVENUE</b>		
Interest	\$24,452	\$25,336
Gain on Disposal of Investments	-	\$108,445
Restricted Research Revenue	\$15,394	\$9,404
	<b>\$39,846</b>	<b>\$143,185</b>
<b>UNRESTRICTED REVENUES</b>		
General Revenue	\$222,035	\$190,013
Event Fundraising	\$505,577	\$606,608
Donations and Bequests	\$365,234	\$319,810
Grants	\$180,047	\$145,647
	<b>\$1,272,893</b>	<b>\$1,262,078</b>
<b>PROGRAM AND OPERATION COSTS</b>		
Amortization	\$9,147	\$8,330
Client Services	\$740,698	\$625,841
Fundraising	\$306,476	\$414,241
Communications & Marketing	\$104,052	\$90,267
Administration	\$207,013	\$149,236
Research	\$179,108	\$144,626
Parkinson Federation Assessment	\$126,090	\$84,792
	<b>\$1,672,584</b>	<b>\$1,517,333</b>
<b>DEFICIENCY OF REVENUE OVER PROGRAM AND OPERATION COSTS</b>	<b>\$(359,845)</b>	<b>\$(112,070)</b>
<b>OTHER (INCOME)</b>		
Gains (losses) on Disposal of Assets	-	\$(3,403)
Unrealized Gain (loss) on Investments	\$43,689	\$(81,026)
	<b>\$43,689</b>	<b>\$(84,429)</b>
<b>DEFICIENCIES OF REVENUES OVER EXPENDITURES</b>	<b>\$(316,156)</b>	<b>\$(196,499)</b>

## World Parkinson

## CONFERENCE BECKONS!

Written by Helen Mak

Finally, it is 2013!

The first World Parkinson Conference (WPC) was held in 2006, the second in 2010. Now it is 2013, the year of the third WPC, and it will be held in Canada! Montreal will be the lucky city to host such an important event for the global Parkinson community, from October 1-4. To the medical professional this may be just another meeting, since they regularly meet at large and small conferences held worldwide, but for many people living with Parkinson disease, WPC is a big deal. If you haven't yet made attendance at WPC a priority, I can give you three reasons why you should make it so.

“World Parkinson Congress strives to mobilize patients and caregivers to attend and join in the quest of finding a cure for Parkinson disease.

The number one reason for attendance has to be the fact that WPC is the only event that accepts non-medical professionals as participants, at a discounted cost. (Only \$150 for four full days of meetings, including three lunches.) WPC strives to mobilize patients and caregivers to attend and join in the quest of finding a cure for Parkinson disease. This vision of the World Parkinson Coalition, the organizer of WPC, is a commendable one because they recognize patients and doctors are mutually dependent on one another.

The second reason why anyone affected by Parkinson disease should attend WPC is that we must help

ourselves if we want to be helped. Doing nothing is always an option, but it is not necessarily a good one, particularly when positive social change is desirable. To me, my attendance at the WPC is more than just a mere action of a single member of the PD community; it is the evidence of my share of solidarity. I was not given the choice of having this disease, but I will make the choice of fighting it while I still can.

The last, but not the least compelling reason for heading to Montreal this fall is that nowhere else will you find such a well-rounded conference covering almost every aspect of Parkinson disease. The jam-packed content of WPC has been carefully planned with the interests of both healthcare providers and receivers in mind. For the science buffs, there will be the latest scientific presentations on Gaucher's disease, optogenetics, and mitophagy, just to name a few topics. For the more pragmatic, there will be talks about clinical trial protocols, advocacy, funding, and multidisciplinary care models. As if that's not enough, the nitty-gritty ugly stuff that needs to be dealt with on a daily basis, but that no one dares to mention, will be covered too--dyskinesias, sex, dementia, end-stage matters, and many other quality-of-life issues. Of course, there will also be some fun stuff as well--art, dance and exercise. You name it, WPC has it!

So, what are you waiting for?

[www.WorldPDcongress.org](http://www.WorldPDcongress.org)



# SUPPORT GROUPS

Please note that Support Groups run from September through June unless otherwise indicated.

<b>CALGARY REGION</b>		Tanya Good/Sylvia Squires 403-243-9901
<b>CALGARY</b>		
1st Monday of the month	10:00 am – 11:30 am	<b>Hope Lutheran Church</b> 3527 Boulton Rd NW
1st Thursday of the month	10:00 am – 11:30 am	<b>Hope Lutheran Church</b> 3527 Boulton Rd NW
2nd Monday of the month	10:00 am – 11:30 am	<b>McDougall United Church</b> 8516 Athabasca St SE
3rd Monday of the month	10:30 am – 12:00 pm	<b>St Anthony Catholic Church</b> 5340 Fourth St SW
4th Monday of the month	10:00 am – 11:30 am	<b>McDougall United Church</b> 8516 Athabasca St SE
4th Monday of the month Young Onset	7:00 pm – 8:30 pm	<b>Hope Lutheran Church</b> 3527 Boulton Rd NW
<b>COCHRANE</b>		
2nd Thursday of the month	10:00 am – 11:30 am	<b>St Andrew's United Church</b> 128 – 1 St E
<b>NANTON</b>		
4th Thursday of the month	10:00 am – 11:30 am	<b>St Cecilia's Catholic Church</b> 2308 – 19 St
<b>EDMONTON REGION</b>		Yona McGinnis 780-425-6400
<b>EDMONTON</b>		
3rd Wednesday of the month Young Onset	7:00 pm – 9:00 pm	<b>PA Edmonton Office</b> #102, 11748 Kingsway Ave
3rd Thursday of the month	7:00 pm – 9:00 pm	<b>St Joseph's Hospital</b> 10701 – 29 Ave
<b>SHERWOOD PARK</b>		
2nd Tuesday of the month	1:00 pm – 3:00 pm	<b>Bethel Lutheran Church</b> 298 Bethel Dr
<b>SPRUCE GROVE</b>		
4th Thursday of the month	6:30 pm – 8:30 pm	<b>Family and Community Services (FCSS office)</b> #105, 505 Queen St
<b>ST ALBERT</b>		
3rd Tuesday of the month	1:00 pm – 3:00 pm	<b>St Albert Seniors Centre</b> 7 Tache St
<b>WESTLOCK</b>		
Last Monday of the month	1:30 pm – 3:30 pm	<b>Room 140, Provincial Building</b> #2, 10003 – 100 St
<b>GRANDE PRAIRIE REGION</b>		Genevieve Vaillancourt 780-882-3262
<b>GRANDE PRAIRIE</b>		
1st Monday of the month Caregiver	12:30 pm – 2:30 pm	<b>PA Grande Prairie Office</b> #103, 10901 – 100 St
2nd Tuesday of the month	2:00 pm – 4:00 pm	<b>Wildrose Manor</b> 9358 – 70 Ave

**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.

<b>LETHBRIDGE REGION</b>		Brian Treadwell 403-317-7710
LETHBRIDGE		
3rd Thursday of the month	2:00 pm – 3:30 pm	<b>Lethbridge Srs Citizen Org (LSCO) 500 – 11 St S</b>
RAYMOND		
3rd Wednesday of the month	2:00 pm – 3:30 pm	<b>Prairie Ridge Centre 328 Broadway S</b>
<b>LLOYDMINSTER REGION</b>		Debbie Headon 780-846-2669
LLOYDMINSTER		
4th Wednesday of the month	7:00 pm – 9:00 pm	<b>Dr. Cooke Extended Care 3915 – 56 Ave</b>
WAINWRIGHT		
3rd Tuesday of the month	2:00 pm – 4:00 pm	<b>Provincial Building 810 – 14 Ave</b>
<b>MEDICINE HAT REGION</b>		Beth Metcalf 403-526-5521
BROOKS (April - October)		
1st Wednesday of the month	1:00 pm – 3:00pm	<b>Sunrise Gardens – Adult Day Room 1235 Third St W</b>
MEDICINE HAT		
2nd Tuesday of the month Caregiver Circle (Caregivers only)	1:00 pm – 2:30 pm	<b>PA Medicine Hat Office #101, 928 Allowance Ave SE</b>
2nd Wednesday of the month Men with PD	1:30 pm – 3:30 pm	<b>Kinplex Social Room 2055 – 21 Ave S</b>
4th Tuesday of the month	1:30 pm – 3:00 pm	<b>Kinplex Social Room 2055 – 21 Ave S</b>
<b>RED DEER REGION</b>		Marilynne Herron 403-346-4463
LACOMBE		
4th Wednesday of the month	1:30 pm – 3:30 pm	<b>Trinity Lutheran Church 5227 C&amp;E Trail</b>
OLDS		
2nd Wednesday of the month	1:30 pm – 3:30 pm	<b>Sunrise Village 5600 Sunrise Cres</b>
RED DEER		
3rd Wednesday of the month	1:30 pm – 3:30 pm	<b>Davenport Church of Christ 68 Donlevy St</b>
THREE HILLS		
Every second month	Please call	<b>Community Drop In Centre 160 Third Ave S</b>

**facebook** Like us on Facebook at [www.facebook.com/ParkinsonAlbertaSociety](http://www.facebook.com/ParkinsonAlbertaSociety)

**PARKINSON ALBERTA**



# 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

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry: \_\_\_\_\_

Register  
Online  
Now!



September  
7 & 8

# STEP 'N STRIDE WITH PARKINSON ALBERTA

Join the many Albertans Moving Forward for Parkinson disease in your community.

## CALGARY

**Saturday, September 7**

North Glenmore Park (Snowy Owl Site). Entrance at 37 Street SW and 66 Avenue SW.

Registration 9:30 am

Walk 11 am

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

## COCHRANE

**Sunday, September 8**

Cochrane Ranche Parking Lot  
Ranch House Road

Registration 12:00 pm

Walk 1 pm

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

## EDMONTON

**Saturday, September 7**

Rundle Park (ACT Centre)  
Entrance at 118 Avenue and  
Abbottsfild Road NW

Registration 9:30 am

Walk 11 am

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

## GRANDE PRAIRIE

**Saturday, September 7**

Muskoseepi Park Pavilion  
Entrance at 102 Avenue and  
102 Street

Registration 10 am

Walk 11 am

Contact: Genneviève Vaillancourt  
(780) 882-6640  
gvaillancourt@parkinsonalberta.ca

## LETHBRIDGE

**Saturday, September 7**

Indian Battle Park  
(Elk's Compound)

Registration 10 am

Walk 11 am

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

## LLOYDMINSTER

**Saturday, September 7**

Location Bud Miller Park

Registration 10 am

Walk 11 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 am

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

## RED DEER

**Saturday, September 7**

Golden Circle  
4620 – 47A Avenue

Registration 9 am

Walk 10:30 am

Contact: Kimberley Darbyson  
(403) 346-4463  
kdarbyson@parkinsonalberta.ca

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](http://www.parkinsonalberta.ca) or get your Step 'n Stride form at the Parkinson Alberta or Alberta Movement Disorder Program office near you.