



Parkinson PULSE

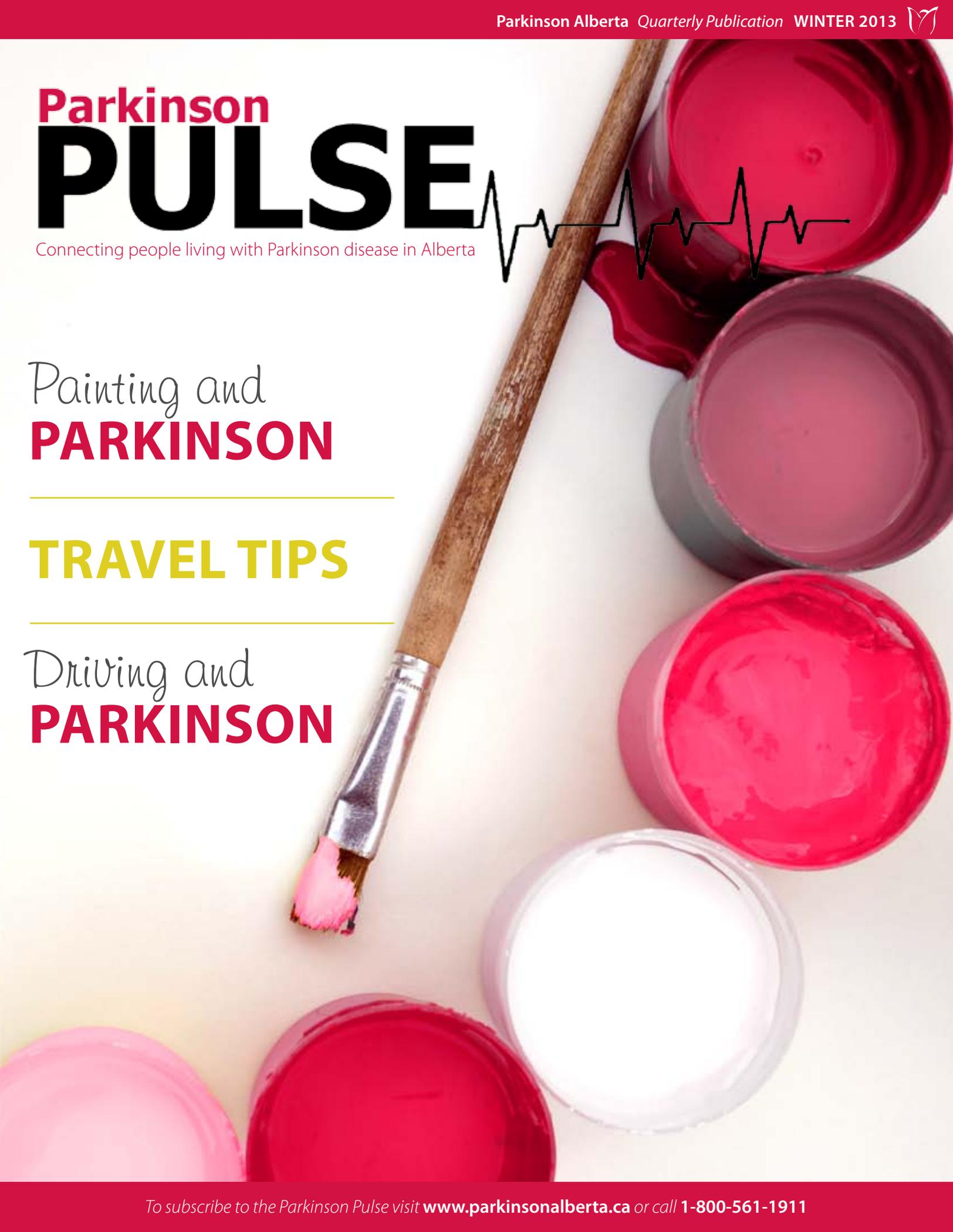
Connecting people living with Parkinson disease in Alberta



Painting and
PARKINSON

TRAVEL TIPS

Driving and
PARKINSON



roots of courage,
blossoms of hope
Hope in Bloom



Hope will bloom across Alberta in this year's Hope in Bloom Tulip Campaign.

\$8 tulip pots can be pre-ordered February 1 – March 15 through your regional PAS office.

See page 9 for more information.

22nd Annual

parkinson tulip tournament

July 25, 2013

Calgary will once again be holding our annual Parkinson Tulip Tournament. The tournament will be held at Sirocco Golf Course on Thursday, July 25, 2013.

Looking forward to another fantastic golf tournament!

For more information as it becomes available, go to our website at www.parkinsonalberta.ca/upcoming_events.



10 Painting and Parkinson



14 Travel Tips for People with Parkinson



16 Driving and Parkinson

Winter 2013

IN THIS ISSUE...

Features

- 6 MY STORY**
There is Hope—Great Hope
- 9 HOPE WILL BLOOM**
Hope in Bloom Campaign
- 13 PAS Members Awarded the Queen's Diamond Jubilee Medal**
- 21 LAST LOOK**
Holiday Celebrations

Every Issue

- 4 CONTACT US**
- 5 FROM THE DESK OF THE CEO**
A message from John Petryshen
- 8 ASK THE EXPERTS**
- 12 NEWS + UPDATES**
- 17 EVENTS + UPDATES**
- 18 AT A GLANCE: PROGRAMS**
- 19 AT A GLANCE: SUPPORT GROUPS**

Parkinson Alberta Society

WHO ARE WE?

Parkinson Alberta Society (PAS) 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 PAS 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.



Please email us at 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.

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From the Desk of **THE CEO**

As a new year begins, it is almost inevitable to pause and take a moment to reflect on the year that has passed, before turning one's attention to the year ahead.

2012 has been one of the most inspiring, and ambitious years in Parkinson Alberta Society's (PAS) short provincial history. Reaching more Albertans was one of our goals in 2012 and we accomplished that by opening our first northern office in Grande Prairie, adding seven new support groups, and more than doubling calls on the PD Helpline. Further to that goal, in October and November representatives from our Board visited rural and urban areas across the province to hear from individuals, families and professionals to develop priorities and to help answer the question of "What can be done to better enhance the quality of life for people living with Parkinson disease?" The resulting points and comments were compiled and brought forward during our strategic planning sessions ensuring that your voices were heard.

Education and programming was another priority in 2012. Over 100 education sessions and in-services were held and a successful Hope Conference was held for the first time in Edmonton in May. We established the first "Ask the Experts" panel on our website so any individual can receive an answer to their PD question. PAS programming continued to expand, engaging people to take action with offerings including dance, singing and walking groups, speech practice, and Gait Reminder research.

In fund development, 2012 saw us raise more money at our events than ever before. Key events like SuperWalk, Tulip Golf Tournament (Calgary) and Hope in Bloom Tulip Campaign (Edmonton) all saw significant increases in both participation and monies raised. Our third party and partner events were also very successful, with more collaboration, cooperation and teamwork.

We wrapped up 2012 with two gatherings that brought together an incredible group of individuals to develop a three year strategic plan. It began with a provincial Staff retreat in November and ended with PAS Board, Staff and stakeholder strategic planning sessions in December.

It was an opportunity to share ideas and experiences, and plan for the future. We were able to celebrate our successes and acknowledge areas where we can improve and do better. This new three year plan will be evaluated annually by the Strategic Planning Committee of the Board.

As we turn our attention to 2013, we are determined to aim higher, reach farther and push harder. PAS is dedicated to being a provincial organization with the stability, plan, motivation, and drive to ease the burden and find a cure.

We will continue to expand our reach, nurturing existing courses of action and fostering new opportunities. Our list of programs will get longer as we add new offerings like Tai Chi, Yoga, and Art Therapy in various regions across the province. There is no Hope Conference this year however; a once-in-a-lifetime opportunity is available as the 3rd World Parkinson Congress will be held in Canada for the first time in October. In fund development we will continue to cultivate and grow our existing events and relationships, while searching for new and creative ways to generate revenue.

In my career I have been involved in a lot of non-profits; and I must say Parkinson Alberta Society has been one of the most inspiring, challenging and rewarding. We have come a long way, not only in my time with PAS but in the over 40 year history of Parkinson agencies in Alberta, always transitioning to extend the reach, fund research and provide better support for people living with Parkinson disease (PD). As we move forward into 2013 we ask you to join us and become a member of this exciting team. Visit our website to see all the ways you can help and get involved.

There is hope —

GREAT HOPE

Linda Sodergren conveys her experience with Parkinson.

“Positivity and self-motivation are very important.”

I grew up on a farm in northern Alberta near Grande Prairie, went to university, taught kindergarten and was raising three children. My husband and I own and operate a golf course, so our lives were very busy.

Twenty-four years ago I thought I was having a nervous breakdown: I ran into furniture, I could not stop and start, my hand would freeze half-way through signing my name. After a year of visits to our family doctor, I was referred to a neurologist in Edmonton. After an examination and tests, I was informed that I had Parkinson disease. The doctor said he had known as I had walked into his office! I tried a medication and was told if it relieved my symptoms, the diagnosis was right. It was.

I received a quick and short introduction of what this meant. Little did I know what my family or I was in for. Upon the announcement at home, there was both relief and upset. It hit my oldest boy the hardest. His teacher and class had discussed a bit about Parkinson disease in biology class; he knew more about it than I did.

Over the years I have tried many variations of medications. In 2006, when things were getting really scary, I read an article on the internet about a clinical trial taking place in Chicago and other US cities. I inquired about it and I was invited to join the group! Eventually I received a transplant of stem cells and initial results were positive. After about 20 trips to Chicago for interviews and analyses, the overall research showed only a low 5% improvement in the test group. The pharmaceutical company chose to do no further experimenting.

I had a renewed outlook on life though, and that is what it's all about. Positivity and self-motivation are very important. It is so easy to become negative when you have Parkinson disease, or any other disease for that

matter. Sometimes I get frustrated because simple actions, like doing up a button, can be a great challenge, but the way I look at it is when I get it done, I've just scored a victory! When I make a good shot in my golf game there's tremendous happiness to know it is possible. Each positive moment leads to more self-motivation.

It's necessary to become as knowledgeable about Parkinson disease as you can, but not obsessed. My approach to managing daily physical care affects the mental aspects of the disease. Focus on the positive, no matter how small, and make it a good day. Don't dwell in the shadows of the disease it can bring you down, and speed up your decline. Get the knowledge you need to be as healthy as possible.

One of the biggest challenges of this disease is getting out into public. It is very enticing to hide in the closet because you don't want other people to see you disabled. The primary source of energy in life, however, is interacting with others and sharing their energy. If I go out in a bad mood, I will not get good energy in return. If I go out smiling, regardless of whether I am shaking or freezing, I will feel good and enjoy myself.

Believe in yourself and do not give up. Take ownership of your obligations as a person with Parkinson disease and do everything you can to improve your life right now. Do not wait and hold out hope someone else will fix your problem; there's a lot we must do for ourselves.

Hope is faith not yet fulfilled.

Hope is the 'YES' of life.

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

Education Days

CALGARY

Parkinson Speech & Swallowing Disorders

April 16, 1:00 – 3:00 pm

Okotoks, AB

Parkinson Medication Information

April 17, 6:30 – 8:30 pm

South Calgary Health Centre

*For more information or to register call
403-943-2584 directly.*

EDMONTON

“Living Well with PD”

April 24, 10:00 am – 3:30 pm

Chateau Louis Conference Centre

- » Dr. Perez-Parada will speak on Depression, Anxiety & PD
- » Health Fair with booths and demos
- » \$20 for members, \$30 for non-members (includes lunch)

GRANDE PRAIRIE

Education Day

April 9, 11:00 am – 3:00 pm

Golden Age Centre

- » Movement Disorders Clinic Edmonton
- » PAS CEO, John Petryshen (includes lunch)

LETHBRIDGE

Date & Time: TBD

Location: TBD

MEDICINE HAT

“Celebrate Life Living with a Chronic Illness”

March 19, 10:00 am – 2:30 pm

Robertson Memorial Legion #17

- » Lynne Hunter-Johnston, Registered Laughter Therapist
- » Dr. Linda Hancock, RSW, Psychologist, Motivational Speaker
- » Tanis Robinson, RN, BN, MN
- » \$10 (includes lunch)

RED DEER

Education Day

April 17, 9:00 am – 3:30 pm

Davenport Church of Christ

- » Featuring professional speakers & educational displays
- » Hope in Bloom Tulips will be available
- » \$10 (includes lunch)

Please call your local Client Services Coordinator for more information (numbers are listed on pages 19 & 20) or check out our website www.parkinsonalberta.ca for updated information.



Ask the EXPERTS Q+A

Question: Is the root cause of Parkinson disease mainly environmental or genetic? What is the consensus of the panel? What does the most recent literature suggest?

Answer: In spite of Parkinson disease (PD) being described over 150 years ago, we still do not know the cause, however, some clues are emerging. First, in about 10% of affected individuals, there is a clear genetic cause, and these genes are being identified. In the other 90%, it is thought that a combination of genetic and environmental factors combine to cause PD.

Second, the biggest risk factor is aging. 1 in 100 individuals over the age of 55 will get PD. Some environmental factors are associated with an increased risk (such as growing up in a rural environment, working with manganese, pesticide exposure, and drinking well water). What specifically about these factors that may increase the risk is unknown, and further research is needed to clarify this. Protective factors (associated with decreased risk) are drinking coffee and smoking. The biggest protective factor appears to be exercise. There has recently been a lot of research done showing that people who exercise regularly are at lower risk for getting PD, and regular exercise may slow down the progression of PD.

Question: I just finished radiation treatment for cancer and have found that my Parkinson symptoms are worse. Is this 'normal'? Should I be concerned about this, and what should my next step be?

Answer: Although we do not have enough information to comment specifically on why your PD may be worse after radiation treatment, there are several general observations we can make. First, any type of stress or illness can result in a transient worsening of symptoms.

Parkinson Alberta Society 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.

If you are hospitalized, there are a number of other reasons that may contribute to this:

1. missing PD medications (due to going for tests or therapy) or getting them at the wrong times;
2. being prescribed the wrong doses of PD medications; and
3. being prescribed medications that interfere with the activity of the PD medications, or can make the PD worse. A good example of this is metoclopramide (or Maxeran) which is commonly used to control nausea. Anyone with PD should not take Maxeran, as it will make PD symptoms worse. Alternative medications for nausea that should be used are domperidone or ondansetron.

When you are admitted to hospital, it is important to take an accurate record of all the medications you are on and when to take them. The Movement Disorder Clinics in Edmonton and Calgary have special information sheets that you can carry with you outlining your meds, what medications should be avoided, and information about PD.

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

Hope Will Bloom

Across the province Spring 2013!

April is Parkinson Awareness month and the season of Parkinson Alberta Society's annual **Hope in Bloom Tulip Campaign**. PAS is excited to announce that the annual Hope in Bloom Tulip Campaign will expand its reach provincially this spring.

Our tulips are sold for \$8 and come in a colorfully wrapped pot; best of all the bulbs can be replanted in the fall for a beautiful reminder in the spring. Grande Prairie, Red Deer and Edmonton's tulips are grown by the experts at the Muttart Conservatory in Edmonton. Medicine Hat, Lethbridge and Calgary's are being grown by the incredible team at Burnaby Lake Greenhouses.

The Campaign kicks off with a pre-sales order campaign running February 1 through March 15, 2013. Individuals, families, businesses, retirement communities, and more can call one of our six regional offices and order our beautiful pots of tulips!

Depending on your region and the number of pots you wish to order, delivery may be available. Please contact your [regional PAS Office](#) for more information or check out the upcoming events section of our website.

The following is a list of each region's pre-sale delivery/pick up:

Calgary: March 27 (for Easter),
April 9 & 10

Edmonton: March 27 (for Easter),
April 10, 17 & 24

Grande Prairie: March 25 – 28 (for Easter)

Lethbridge: April 15 – 18

Medicine Hat: April 8 – 11

Red Deer: March 25 – 28 (for Easter)

Beginning in January and extending through March, PAS Staff will also be sharing detailed information about this colorful campaign at local support groups! Our regional offices will also host location sales, so that those who did not have a chance to get their order in can still participate. Information on the location of these sales will be available on our website starting March 1.

Please join us in raising awareness and funds to provide hope to those Albertans and their loved ones whose lives are affected by Parkinson disease.



QA *Ask* NEERA

Neera Garga, B.Sc., PT

Question: My husband's breathing has become shallower and he gets short of breath more easily. Are there exercises he can do to improve his condition?

Answer: As PD progresses, a stooped posture can start to emerge. One consequence is that ribcage movement starts to decrease, and more of the act of breathing occurs at the top half of the lungs. Ultimately, the lower half of the ribcage is neglected and therefore less oxygen is being delivered into the blood stream. A very simple but effective breathing exercise is called belly breathing or diaphragmatic breathing.

Follow these simple steps to re-engage the lower half of your lungs:

1. Lie on your back with knees bent.
2. One hand rests on your stomach and one on your chest.
3. Slowly breathe in and fill your lungs trying to make your belly lift into your lower hand.
4. The top hand should remain relatively still.
5. Perform 3–5 breathes in this fashion and then return to your normal pattern. Repeat this 3 times.
6. As you get better at this, hold the inhale for 3 seconds.

Painting and **PARKINSON**

Yona McGinnis, BA MA Art Therapist



Some of you may already have experienced, or witnessed, the power of art in people with Parkinson. You may already have noticed how hands steady, bodies stabilize and spirits lift as a person with Parkinson engages with art materials. You may know, too, that this isn't unique to people with Parkinson. If you are spouse, relative or loved one, or if you are a care provider for an individual with Parkinson, you may have had your own experience of enhanced quality of life as you created your own art.

Art therapy seeks to support individuals, and individuals within a group, to integrate their emotional, psychological and physical selves through art making and engagement with art materials. It is a process that can have a positive impact on many areas of our lives including: social, stimulation of brain function, self-esteem, ability to express ourselves, and improved confidence in our physical abilities. Art therapy draws on the traditions of psychology and art, blending them into an integrative practice that invites creativity to profound effect.

Worldwide, art therapy has had a significant influence on the lives of people with Parkinson and their care providers. Testimonial evidence gathered from Art Therapy for Parkinson projects around the world, suggests positive outcomes in many areas. These

“...hands steady, bodies stabilize and spirits lift as a person with Parkinson engages with art materials.”

include reduction in Parkinson symptoms while engaged in art making, a sense of accomplishment and general well-being. For example, Nancy Tingey (2002), art facilitator of a Painting with Parkinson group, tells us that one participant expressed his experience this way: "When I am sketching I forget about the Parkinson's and the Parkinson's forgets about me." (p. 156). Another individual with Parkinson commented recently in the Baltimore Sun that his tremors subside when he paints and, as he puts it "It erases all of the garbage out of my head."

While art has the power to transcend cognition, it engages both sides of the brain, stimulating right and left brain function. Art can bypass those mental processes that demand that we think our way through a situation. Instead, it relies on our intuitive abilities to create and generate original ideas. At the same time, art can bring awareness to the cognitive realm and help to stimulate connections and memories that would otherwise be lost. "No one knows exactly how art taps into physical and intellectual memories muddled by neuro-degenerative diseases. But scientists suspect that the process allows people to find alternate routes to misplaced memories." (Carroll, 2006).

Facilitated by an art therapist, art has the power to be transformative allowing us to be insightful and express beyond what we had previously imagined. This form of art making is free flowing and is not restricted to people who have previous experience or training. Many people who "cannot draw" are surprised and delighted by their hidden abilities and are inspired by their own imaginations.

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- Hass–Cohen, N. (2008). *Partnering of art therapy and clinical neuroscience*. In Hass–Cohen, N. & Carr, R. (Eds.), *Art therapy and clinical neuroscience*. London: Jessica Kingsley Publishers.
- Tingey, N. (2002). *Art as therapy*. In Waller, D. (Ed.) *Art therapies and progressive illness: Nameless dread*. (pp. 140–163). New York, NY: Brunner–Routledge.
- Walker, A. (2012). *Art provides relief to Parkinson's patient*. *The Baltimore Sun*. November 07, 2012



NEWS + updates

Parkinson Awareness Month

April is Parkinson Awareness Month and PAS has a lot in the works! From Education Days to the Hope in Bloom Tulip Sales to a very special kick-off! Check www.parkinsonalberta.ca/upcoming_events often for upcoming events in your Region!

Tax Time is Coming!

Did you know Alberta has some of the highest charitable donation tax credit rates in the country? Visit the Canada Revenue Agency's website at www.cra-arc.gc.ca/chrts-gvng/dnrs/svngs for more information!

As a person with PD, a Disability Tax Credit may also be available to you. Please check out the Canada Revenue Agency website at www.cra-arc.gc.ca/disability for more information.

Volunteer Opportunity

PAS is looking for 3-4 individuals from across the province to be a part of our World Parkinson Congress Recruitment Team. This Team will help recruit and organize an Alberta Delegation to attend the 2013 WPC being held in Montreal October 1-4.

For more information on the role and how to apply please visit our website at www.parkinsonalberta.ca/volunteer_opportunities.

3rd World Parkinson Congress Video Competition

WPC 2013 is now accepting submissions of your Parkinson story. The Film submission categories are "General Parkinson" and "Creativity & Parkinson". Submission deadline is May 8, 2013.

Learn more at:

www.worldpdcongress.org/videocompetition



Farewell

In December 2012, PAS said goodbye to Calgary Client Services Coordinator Harle Burnett. We wish Harle the very best in all her future endeavors.

PAS Members to be awarded **QUEEN'S DIAMOND JUBILEE MEDAL**



The Queen Elizabeth II Diamond Jubilee Medal was created in 2012 to celebrate the 60th anniversary of the Queen's accession to the throne. A means of paying homage to Her Majesty's service, the Medal recognizes the significant achievements and contributions of Canadians.

In total, 60,000 deserving Canadians from across the country will be acknowledged for their outstanding contributions to family, community and Canada. Included in this esteemed group are three members of Parkinson Alberta Society (PAS): Bruce Strachan and Doug Darling of Calgary, and Helen Mak of Edmonton. Each was nominated for the Diamond Jubilee Medal for their efforts in improving the lives of people with Parkinson disease (PD) in Alberta.

Nominee Bruce Strachan did not expect he'd be recognized in such a way. "I was overwhelmed, and shed a tear or two when I got the news. I am humbled and honoured." Strachan has been a part of PAS and the former Parkinson Society of Southern Alberta (PSSA) since 2001 when his family doctor suggested he'd be a good fit for the organization. The job soon became his passion when, coincidentally, in 2003 his wife, Sharon, was diagnosed with the disease. As a care partner, Strachan has been an avid fundraiser and proponent for research. "We may never see a cure for PD in our

lifetime, however it's a joy to make this journey with Sharon and continue to march forward for a better life for her and those living with this disease."

Doug Darling's involvement with PAS was first as a Board Member for Parkinson Society of Southern Alberta (PSSA), and now as the Board Chair of PAS. Darling is a PD patient himself, and was instrumental in the reorganization of Parkinson governing bodies in the province to create the current PAS. In addition, Darling is involved in both the Tulip Golf Tournament and SuperWalk in Calgary. Beyond his provincial board work, Darling has also served as Board Member for Parkinson Society Canada.

"Why me?" is something Helen Mak asked when she first heard of her nomination for the Jubilee Medal, but her contributions to PAS have banished that question from her mind when it comes to her own diagnosis with PD. "Helping other people with PD affirms the value of my own existence. That is: even though I cannot walk swiftly, speak clearly, or multitask smoothly, there is a purpose for me to have Parkinson disease." Drawing on her own experiences, Mak partnered with a fellow PAS client to co-develop a computerized PD Self-Awareness Program to help others better track their health and well-being. Mak also works with PAS as a Client Advocate in Edmonton.

Strachan, Darling and Mak will be presented with their medals in February 2013. These Queen Elizabeth II Diamond Jubilee Medal nominees exemplify the award's criteria of devotion to the wellbeing of family, community and country. Their commitment to service with PAS, and of duty to others through fundraising, research, advocacy and support, are a credit to Parkinson Alberta Society, and the Parkinson disease community.

TRAVEL TIPS

for people with Parkinson

Some valuable travel advice from Alison Wood.

This world we live in is an amazing place, and experiencing it through travel can still be a passion and priority.

If travel was something you looked forward to doing in your leisure years, Parkinson need not get in your way. Certainly there are challenges, but extra planning, a few adaptations and a bit of research will help you achieve travel dreams and build special memories. In pursuing my dreams, I have collected a few ideas that work for me. I hope this will be the beginning of a list to which all you travel lovers will contribute ideas, big or small!

As the years and the disease progress, I have had to accept a few unwelcome facts about travel. Some of yours may be different, but I am sure there will be some that you will recognize. Bradykinesia when OFF, and post-PD obsessive compulsive need to pack and repack all night long, seriously jeopardizing travel schedules and airport arrivals, required a new rule. Packing will almost be complete, with suitcases shut, one week prior to departure. If anything is to be added, two things must be removed. If that means I need to own 2 toothbrushes, so be it!

Portable assistive devices make travel more comfortable and memorable

In the suitcase, one will find my collection of assistive devices that are lightweight and helpful. I choose one of several collapsible canes that fit in my carry-on bag, but the suitcase carries the collapsible walking poles, available at camping stores, that keep the chest up, the head high, and prevent leaning on one side. Folded, they are about

the size of a ruler, and on return, I have fewer aches and more memories of what the place looked like above ground-level.

I found a collapsible stool in one of those same camping stores which fits neatly along an edge of a suitcase, has a mass of less than one pound, telescoping legs, and is a godsend if you are going somewhere where there is no place to sit when you are tired!

A small lightweight "Safe-er-Grip Traveller" from one of the healthcare stores grabs onto walls or the edge of tubs to help get in and out of bathtubs if an accessible room with grab bars is not available.

The re-packing issue has been somewhat alleviated by my favourite clothes folder! I take the smaller of the two "Sheldon, Big Bang Theory" clothes folders (available only at two stores in Canada, both of them in Edmonton—Filosophy at Crestwood Shopping Centre and on Whyte Avenue and 107 Street) or a camping store folder that takes less room but is not as easy to use.

As well, it should be noted that the ease of pushing the new suitcases with the 360 degree wheels was worth the expense of having to buy a new suitcase.

Of course meds are in the carry-on, but I try to have extra meds in my suitcase or ready to give to my travel partner, if I have one, as soon as all hurdles have been cleared.

Identify your disease, your needs as well as your abilities

Make sure you have extra travel documents, like letters, to go with your passport. Lately security people have been reading them. I carry one about my CPAP machine, and one about how Parkinson might manifest itself. Whether it is the neurologist or your GP, the letter should say something along the lines of:

“ This is to certify that my patient, Travelling Tom/Tina, has Parkinson disease which may result in violent shaking or freezing. He/she is cleared for travel including this trip to climb Mount Everest from date 1 to date 2 .”

The last statement is really important because it will prevent airline people from keeping you off planes, and is the statement needed by the travel insurance people. The Movement Disorder Clinic has a template which gives the doctor something simple to sign. My GP will sign a letter I write for her if it is accurate. I also attach my pharmacist's card with the phone number or email to my list of medications. In emergencies it is unsettling to find that drugs have different names in different countries. Your pharmacist can help.

As much as I hate wheelchairs, they are a must in airports if you have to change planes. Be sure you have a lot of American small bills because up to five people in some airports will expect a tip. I found on British trains that if you tell a conductor that you have mobility issues, they will help you on and off, and make sure the train can't move while you make transfers. Do be sure to buy first-class tickets or you will find yourself standing for miles in one of the Coach cars.

Accept your limitations and adapt your adventure

At the moment the biggest and most costly adaptation I have made is to pay the way of a friend to come with me if keeping to a timed schedule is important. That's what I do now, but I see a time coming when a cruise will be a good travel option as things become tougher. It is a treat to unpack in the room that is a home away from home, and a boat is quite a pleasant place to be if the body can't take another outing. The renewed hope of fun in the future, and my determination to make more memories provides a small sense of power over Parkinson. I'll take it!



Light-weight, collapsible cane

Collapsible camping stool



Safe-er-Grip Traveller

Clothing folder



360° wheeled suitcase



Driving and Parkinson Disease

WHAT YOU NEED TO KNOW

Written by Ed Langlois

Reviewed & Edited by Barbara Carstensen, RN B.Sc.,
Operations Advisor, DriveABLE Assessments

As our age progresses we slowly begin to succumb to various diseases or disabilities which over time will restrict our physical control and ultimately our freedom and independence. As aging presents a challenge to our driving ability, PD only compounds our ability to drive safely.

Driving is a complex skill and involves a number of inter-related activities to successfully and safely operate a motor vehicle. These activities include visual perception, coordinated limb movements, reaction time, judgement, attention and cognitive skills. All of these can be affected by both aging and PD.

PD persons can also be impacted by complications from their medications which may produce side-effects such as sleepiness, freezing or reduced reaction time, dizziness, blurred vision, confusion and memory impairment. These side effects may impact an individual's ability to drive safely.

In Alberta, the law states that a person who holds or applies for a drivers licence must immediately disclose to the Registrar a disease or disability that may be expected to interfere with the safe operation of a motor vehicle. (Alberta Traffic Safety Act)

The province of Alberta along with medical advisors from all Canadian provincial driver licensing bodies developed the medical standards used in Alberta by Alberta Transportation Driver Fitness and Monitoring Branch.

For detailed information on diseases and disabilities contact Alberta Transportation, www.transportation.alberta.ca, view CCMTA (Canadian Council of Motor Vehicle Administrators) Medical Standards for Drivers, page 27, section 6.6, Disorders of Coordination and Muscle Control, in which Parkinson disease is specifically noted as "posing a special problem".

People with Parkinson are usually allowed to continue driving, however it is important to notify Alberta Transportation, Driver Fitness and Monitoring Branch (licensing authority) and your insurance company as failure to do so could possibly render your insurance null and void in the event of an accident.*

**It is advisable to check the validity of your insurance coverage with your insurance agent.*

Recognizing that driving is an important part of maintaining independence, some safety suggestions to reduce possible dangerous driving may include:

1. Drive only during daylight hours.
2. Avoid rush hour traffic.
3. Plan your route in advance.
4. Avoid distractions.
5. Do not drive if you feel tired or fatigued.

As PD affects each person differently, so will your ability to drive. Driving provides individuals the freedom to remain independent, however there comes a time when we must recognize that our driving skills have diminished and pose a danger to ourselves and others... maybe it's time to give up driving.

EVENTS

+ updates

UPCOMING EVENTS

Massage for a Cause

Calgary's Devine Massage Therapy will be holding a one evening event called "Massage for a Cause" where all the proceeds will be donated to Parkinson Alberta Society. This is a great program where Devine Massage Therapy, a student teaching clinic, provides real experience to students in the massage program on how to conduct massages on people living with Parkinson disease. On February 12 they will be providing discounted massages to all people living with Parkinson disease in the Calgary area.

- Location:** Devine Massage Therapy
Suite 101, 200
Country Hills Landing NW
Calgary, Alberta
- Date:** Tuesday, February 12, 2013
- Time:** 6:00 – 9:00 pm
- Cost:** \$25.00
(all fees donated back to Parkinson Alberta Society)
- Register:** Call to book your spot—403-472-3100
- Website:** www.devinemassagetherapy.com



Grapes & Gourmet Gala

PAS Medicine Hat is proud to announce that we were chosen as one of the charities of choice for the 2013 Grapes & Gourmet Gala to be held on **Friday, March 8**. Tickets for this prestigious event are on sale now. Please call 403-527-4411 for more information or to purchase your ticket.

Call for volunteers!

Calgary will be holding a casino on **April 3 & 4, 2013** at the Cash Casino on Blackfoot Trail SE. We are currently looking for volunteers to help fill shifts for both days. Please contact Aimee Newton at 403-243-9901 or anewton@parkinsonalberta.ca

PAST EVENTS

Purdy's Chocolate Fundraiser

PAS Grande Prairie Office celebrated sweet success this holiday season with a Purdy's Chocolate Fundraiser that raised \$728.84. For twenty-four hours the front office of PAS Grande Prairie looked like a Purdy's Chocolates store, and was a hub of activity. Very positive feedback has been received from this simple fundraiser from both sellers and purchasers. In fact we have already received pre-orders from people who wish to order again for the Holiday Season of 2013.



50/50 Event

On December 5th PAS Red Deer Office hosted a second very successful 50/50 event at the Oilmen's PFC event! The event itself was a sell-out and \$4050 was raised!

PROGRAMS

For more information or to register, please call the contact person or organization listed.

CALGARY REGION		403-243-9901
PD & Education: Speech Practice Group	Tuesdays (Jan 22–Mar 12) 1:30 pm – 2:30 pm	PAS Calgary Office #102, 5636 Burbank Cres SE
COMPASS for the Caregiver	CANCELLED	
LIVING WELL PROGRAM Parkinson Planning for the Future in partnership with AHS	February 12, 2013 7:00 pm – 8:30 pm	Sheldon Chumir Health Center 1213 – 4 St SW Call 403-943-2584 directly to register
LIVING WELL PROGRAM Parkinson Speech & Swallowing Disorders in partnership with AHS	March 12, 2013 9:30 am – 11:00 am	Vecova 1213 – 4 St SW Call 403-943-2584 directly to register
EDMONTON REGION		780-425-6400
Fun N' Fit Drop-in class hosted by Grant MacEwan Sport and Wellness	Mon, Wed, Fri (no classes Feb 18) 11:10 am – 11:55 am	Grant MacEwan Sport & Wellness Studio 8–202, 10800 – 104 Ave Call 780-497-5134 directly for info
PD & The Arts: Singing Group	Mondays (Jan 28 – 10:00 am – 12:00 pm	PAS Edmonton Office #102, 11748 Kingsway Ave
PD & The Arts: Art Therapy	Tuesdays (Jan 29 – Apr 2) 9:30 am – 12:00 pm	PAS Edmonton Office #102, 11748 Kingsway Ave
PD & Movement: Yoga In partnership with Pramila Sinha	Wednesdays (Jan 30 – Mar 6) 1:00 pm – 2:00 pm	PAS Edmonton Office #102, 11748 Kingsway Ave
PD & Education: Speech Practice Group	Thursdays (Feb – June) 10:00 am – 11:00 am	PAS Edmonton Office #102, 11748 Kingsway Ave
PD & Movement: Tai Chi	Thursdays (Jan 31 – May/ June) 1:00 pm – 2:00 pm	PAS Edmonton Office #102, 11748 Kingsway Ave
GRANDE PRAIRIE REGION		780-882-3262
PD & Education: Falls Prevention In partnership with AHS Recreational Therapists	Mon & Thurs (Jan 7 – Apr 4) 10:45 am – 11:45 am	PAS Grande Prairie Office #103, 10901 – 100 St
PD & The Arts: Voice Enhancement Singing	Tuesdays (Jan 8 – Mar 26) 1:00 pm – 2:00 pm	Wildrose Manor 9358 – 70 Ave
PD & Movement: Yoga In partnership with JJ Morgan	Wednesdays (Mar 6 – Apr 24) Session A: 11:30 am – 12:45 pm Session B: 1:00 pm – 2:15 pm	PAS Grande Prairie Office #102, 10901 – 100 St
LETHBRIDGE REGION		403-317-7710
PD & Social: Caregivers Coffee Club	Monthly Date & Time TBD	PAS Lethbridge Office 1254 – 3 Ave S
MEDICINE HAT REGION		403-526-5521
PD & Movement: Walking Program	Tuesdays (Sep – June) 11:00 am – 12:00 pm	Medicine Hat Mall Food Court 3292 Dunmore Rd SE
PD & Social: Afternoon at the Movies	Monthly, Mondays (date TBD) 1:30 pm – 3:00 pm	PAS Medicine Hat Office #101, 928 Allowance Ave
RED DEER REGION		403-346-4463
TBA		

SUPPORT GROUPS

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

CALGARY REGION		Tanya Good/Sylvia Squires 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
3rd Monday of the month	10:30 am – 12:00 pm	St Anthony Catholic Church 5340 Fourth St SW
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 – 1 St E
NANTON		
4th Thursday of the month	10:00 am – 11:30 am	St Cecilia's Catholic Church 2308 – 19 St
EDMONTON REGION		Cathy Girard/ Yona McGinnis 780-425-6400
EDMONTON		
2nd Thursday of the month	1:00 pm – 3:00 pm	PAS Edmonton Office #102, 11748 Kingsway Ave
3rd Wednesday of the month Young Onset	7:00 pm – 9:00 pm	PAS Edmonton Office #102, 11748 Kingsway Ave
3rd Thursday of the month	7:00 pm – 9:00 pm	St Joseph's Hospital 10701 – 29 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 (FCSS office) #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 Building #2, 10003 – 100 St
GRANDE PRAIRIE REGION		780-882-3262
GRANDE PRAIRIE		
1st Monday of the month Caregiver	12:30 pm – 2:30 pm	PAS Grande Prairie Office #103, 10901 – 100 St
2nd Tuesday of the month	2:00 pm – 4:00 pm	Wildrose Manor 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.

LETHBRIDGE REGION		Brian Treadwell 403-317-7710
LETHBRIDGE		
3rd Thursday of the month	2:00 pm – 3:30 pm	Lethbridge Srs Citizen Org (LSCO) 500 – 11 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
LLOYDMINSTER		
4th Wednesday of the month	7:00 pm – 9:00 pm	Dr. Cooke Extended Care 3915 – 56 Ave
WAINWRIGHT		
3rd Tuesday of the month	2:00 pm – 4:00 pm	Provincial Building 810 – 14 Ave
MEDICINE HAT REGION		Beth Metcalf 403-526-5521
BROOKS		
3rd Wednesday of the month	1:00 pm – 3:00pm	Sunrise Gardens – Adult Day Room 1235 Third St W
MEDICINE HAT		
2nd Tuesday of the month <i>Caregiver Circle (Caregivers only)</i>	1:00 pm – 2:30 pm	PAS Medicine Hat Office #101, 928 Allowance Ave SE
2nd Wednesday of the month <i>Men with PD</i>	1:30 pm – 3:30 pm	Kinplex Social Room 2055 – 21 Ave S
3rd Wednesday of the month <i>Women with PD</i>	1:30 pm – 3:30 pm	Kinplex Social Room 2055 – 21 Ave S
4th Tuesday of the month	1:30 pm – 3:00 pm	Kinplex Social Room 2055 – 21 Ave S
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		
February 12th & April 29th	2:00 pm – 4:00 pm	Community Drop In Centre 160 Third Ave S

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LAST LOOK

Holiday Celebrations



Parkinson Alberta Offices and Support Groups enjoyed the festive season through November and December with a series of Holiday Celebrations across the province.

Carolling, dancing, teas, gift exchange, games, luncheons and plenty of laughter and holiday spirit were enjoyed by all. An extra special cause for celebration happened in Lethbridge, when it was announced that University of Lethbridge researcher Natalie de Bruin had just received her doctorate!

The celebrations were a wonderful way to wrap up an incredible year. Here are a few of the amazing things we accomplished in 2012:

- New PAS Office in Grande Prairie opens;
- PD Helpline goes provincial;
- Dance and singing programs are piloted in new communities;
- Seven new support groups are added across the province bringing the total to 28; and
- The 2012 Parkinson SuperWalk is our most successful Walk to date, raising over \$340,000!!

We are truly grateful to each and every one of you for helping us ensure that no Albertan has to face PD alone. Thank you for making 2012 such an incredible year, we can't wait to see what 2013 will bring!



Grande Prairie



Medicine Hat



Calgary



Lethbridge



Parkinson Alberta Society

Soci t  Parkinson Alberta

In Partnership with Parkinson Society Canada

Please fill out and mail to PAS Calgary Head Office or drop off at your local Regional Office (locations indicated on page 4).

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 Society) or cash for \$ _____

Please bill my: Visa Mastercard

Name on Card: _____

Card Number: _____ Expiry: _____



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.

SALE



Conversion Van For Sale

Our hope is to help a family that may be experiencing struggles similar to what our family did and provide a bit of ease to someone's life. 2002 Dodge Grand Caravan VMI Conversion with a side electric ramp—101190 KM, asking \$23,499.

For more information please contact Rob Atkinson directly at 403-818-9826.



Would you like to see your company logo or ad here?

The *Parkinson Pulse* has both sponsorship opportunities and advertising rates available!

Contact:

Brandi

blabonte@parkinsonalberta.ca

780-425-6400 ext 225 or

Aimee

anewton@parkinsonalberta.ca

403-243-9901



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



All you have to do
is start the
conversation.

PD HELPLINE

Call 1-877-243-9992

Monday to Friday

8:30 am till 4:30 pm

Free from anywhere in Alberta



Parkinson Alberta Society

Société Parkinson Alberta

In Partnership with Parkinson Society Canada

In affiliation with the Calgary and Edmonton Movement Disorders Programs