

# LiveWire

 Parkinson Canada

ONTARIO



Summer 2018



Dear LiveWire  
Readers,

I hope this finds you well—that you were able to shelter from the heat wave that affected several

regions of Ontario in July, and that you managed to stay active during the summer months in spite of the hot weather.

In this issue, find out from Sandie who the elephant in the Parkinson's support group might be; read the conclusions of the support group satisfaction survey carried out last year; and learn from Dr. Susan Fox about the therapeutic properties medical cannabis may have for pain relief. Thanks in advance for filling in our reader survey and mailing it back to us in the postage-free envelope; your feedback is very valuable!

Preparations are underway for the 2018 edition of SuperWalk, with around 40 events planned in our communities around Ontario. Thank you from the bottom of our heart for all your efforts to make this a success! We intend to make a big splash this year: our hard work and outreach will translate into more funds for research, and more services for people with Parkinson's.

In June, a new conservative government was elected and we will pursue our advocacy efforts with the new Minister of Health and Long-Term Care, Christine Elliott. We also look forward to sharing and promoting some great new resources for people with Parkinson's and for carepartners in the fall. Stay tuned!

Sincerely,

## Who Are You Going to Call in Ontario?

[www.parkinson.ca](http://www.parkinson.ca)

800-565-3000

### **Olivier Bonnet, Managing Director**

ext. 3421  
[olivier.bonnet@parkinson.ca](mailto:olivier.bonnet@parkinson.ca)

*You or someone you care for has been recently diagnosed, a diagnosis has changed, or you are looking for information on a particular topic related to Parkinson's disease:*

### **Sandie Jones, Information and Referral Associate**

ext. 3375  
[sandie.jones@parkinson.ca](mailto:sandie.jones@parkinson.ca)

### **Robert TerSteege, Information and Referral Associate**

ext. 3372  
[robert.tersteege@parkinson.ca](mailto:robert.tersteege@parkinson.ca)

### **Angela Supino, Support Services Counsellor, Ottawa**

ext. 3423  
[angela.supino@parkinson.ca](mailto:angela.supino@parkinson.ca)

### **Shannon Harrison, Information and Referral Associate**

ext. 3420  
[shannon.harrison@parkinson.ca](mailto:shannon.harrison@parkinson.ca)

*You would like more information about volunteer opportunities:*

### **Lee Jones, Volunteer Services Coordinator**

ext. 3304  
[lee.jones@parkinson.ca](mailto:lee.jones@parkinson.ca)

*You would like more information about support groups, chapters, tulip sales, Parkinson SuperWalk, education sessions, or third-party events in your local community:*

### **Naseem Jamal, Community Development Lead, South and West**

ext. 3377  
[naseem.jamal@parkinson.ca](mailto:naseem.jamal@parkinson.ca)

### **Shoba Singh, Community Development Coordinator, Western Ontario**

ext. 3376  
[shoba.singh@Parkinson.ca](mailto:shoba.singh@Parkinson.ca)

### **Paul Scibetta, Community Development Coordinator, Southwestern Ontario**

ext. 3337  
[paul.scibetta@parkinson.ca](mailto:paul.scibetta@parkinson.ca)

### **Sue MacKay, Community Development Coordinator, Central Ontario**

ext. 3326  
[susan.mackay@parkinson.ca](mailto:susan.mackay@parkinson.ca)

*You would like more information about support groups, chapters, tulip sales, Parkinson SuperWalk, education sessions, or third-party events in your local community:*

### **Diane Newman Reed, Community Development Lead, North and East**

ext. 3315  
[diane.newmanreed@parkinson.ca](mailto:diane.newmanreed@parkinson.ca)

### **Kimberly Kennedy, Community Development Coordinator, Northwestern Ontario**

ext. 3331  
[kimberly.kennedy@parkinson.ca](mailto:kimberly.kennedy@parkinson.ca)

### **Estelle Joliat, Community Development Coordinator, Northern Ontario**

ext. 3317  
[estelle.joliat@parkinson.ca](mailto:estelle.joliat@parkinson.ca)

### **Ginette Trottier, Community Development Coordinator, Eastern Ontario**

ext. 3422  
[ginette.trottier@parkinson.ca](mailto:ginette.trottier@parkinson.ca)

### **TBD, Community Development Coordinator, Eastern Ontario**

*You would like more information about Parkinson SuperWalk:*

### **Amanda Stanton, Manager, Events and Partnerships**

ext. 3371  
[amanda.stanton@parkinson.ca](mailto:amanda.stanton@parkinson.ca)

### **Melinda Good, Events & Partnerships Associate (Toronto Office)**

ext. 3374  
[melinda.good@parkinson.ca](mailto:melinda.good@parkinson.ca)

*You would like information on joining the Partners for Parkinson's Monthly Giving Program or donating to Parkinson Canada:*

### **Alan Muir, Manager, Resource Development Ottawa**

ext. 3427  
[alan.muir@parkinson.ca](mailto:alan.muir@parkinson.ca)

### **Sue Rosenblat, Manager, Major, Planned Giving and Foundations**

ext. 3386  
[sue.rosenblat@parkinson.ca](mailto:sue.rosenblat@parkinson.ca)

 Parkinson Canada



# Pedaling for Parkinson's

On July 13 to 15, riders took to the hills of Parry Sound for the final time in support of *Pedaling for Parkinson's*, organized by Peter Istvan and David Newall. Founded in 2011, the ride has grown from a group of 10 friends in year one to more than 300 participants in 2018. Those 300 are a part of the circle of friends of *Pedaling for Parkinson's* now too. A community fundraising event with the emphasis on community, the organizers, their families, and a town's worth of volunteers have built bonds that will last well beyond this last hurrah.

It was, however, quite a ride. Over the course of the three days, riders tackled a range of distances with the most energetic cycling Friday, Saturday, and Sunday over a collective 300 kilometres. While participants will miss mom's homemade cookies at rest stops and well-grilled hamburgers on the sunny back deck of Canadore College, their impact will live on. Riders, each with their own personal connection to Parkinson's and reason to ride, shared stories of struggle, and also of hope and inspiration, with one another this past weekend and throughout the years. The community is bound together by the ride and their mutual passion for a world without Parkinson's.

In 2017, the ride eclipsed \$1 Million in lifetime fundraising. This year, the bar was set high with a \$500,000 one-year fundraising goal; riders are expected to raise more than \$700,000 in 2018! This staggering result will provide funding for 10 grants over multiple years through the Parkinson Canada Research Program. With the first grants to be awarded in the 2018–2020 funding cycle, riders leave this year's event knowing that they have made a difference. While the event is ending in its current configuration, its research legacy will live on—as will the goodwill and support of a community that embodies the kindness, care, and determination of its founders.

When announcing research awards this fall, grants will be named in honour of Dr. John Newall, John Bannister, Dr. Robert Lorne Alexander, and Dr. Peter George Morse in addition to a Parkinson Canada New Investigator Award funded by *Pedaling for Parkinson's* thanks to generous contributions from their families.

While this marks the final ride for founders Istvan and Newall, Parkinson Canada will proudly carry forward their legacy with a series of rides next summer in Ontario and throughout Canada. One fact has been made very clear through the success of *Pedaling for Parkinson's*—the ride has meaning because it was built on the heart of two committed men, their families, and their communities. We'll look to capture that spirit and pedal on with the support of committed community volunteers.

Looking for more information or to host your own ride? Contact [events@parkinson.ca](mailto:events@parkinson.ca) or call 800-565-3000.



**Dr. John Newall, father of co-founder David Newall, addresses the crowd surrounded by members of the Newall and Istvan families.**



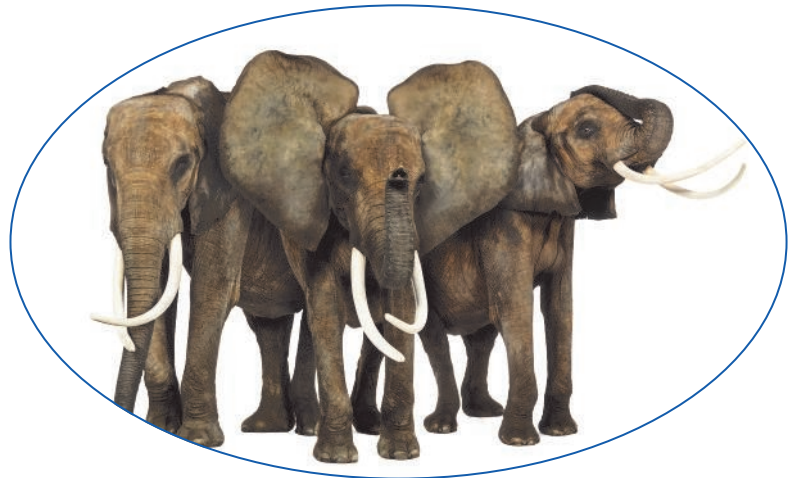
**Founders Peter Istvan (left) and David Newall address the crowd one last time before riders took to the streets on Sunday morning.**

# Strength, Hope, and Optimism in Support Groups

I have no idea when it started or even why it started for that matter, but for some reason I LOVE ELEPHANTS! I guess that really shouldn't come as a surprise, because I LOVE (MOST) HUMANS too and, as the two mammals on earth with the highest longevity, it is quite fitting that elephants and humans are remarkably alike in their thinking as well as in their emotions. So please bear with me and hopefully this will soon begin to make sense.

First, for those of you who may not know much about elephants, here are a few facts that I find particularly interesting :

- They understand how important family is and are not ashamed to show their happiness when they are among their loved ones.
- They comfort their friends and family members when they get upset to help reassure them that everything will be okay.
- They love to chat (or rather trumpet)—no surprise that this is my favourite similarity.
- They know how to work together and have an understanding of the importance of cooperation and the true meaning of what it means to be part of a team. Does that mean they always agree? Absolutely not! But it does mean that they are willing to listen to the opinions of members of the herd and come to a consensus that is in the best interest of everyone.
- They have the ability of self-recognition which means they are able to see themselves as separate entities—one of the main traits underlying the ability to empathize.
- They protect each other. Regardless of the age of an individual who is in distress (a young calf or an older, frail elderly elephant), the whole herd rushes to its aid when it is in trouble.
- They grieve. Whenever a herd loses a family member, they become visibly and audibly distressed, providing support to the immediate family as well as to each other.
- And the last thing I will mention today is my favourite trait of all. Yes, you guessed it! Elephants enjoy hugging. They wrap their trunks together as their way of saying hello and expressing affection.



So, that's my story and I'm sticking to it. Okay fine ... elephants aren't people, but they're like people in a lot of ways, particularly how they support each other, offering one another emotional comfort and moral support within the confines of a safe environment—the herd.

So where on earth am I going with this? What I want to talk to you about today are the beneficial effects of support groups.

I realize that some of you were told early on in your Parkinson's journey to think twice about attending a support group. You may have heard this from your doctor, your family, your friends, or even from that little voice of doubt inside your head. The notion that seeing people who are more symptomatic than you could be unsettling—I get it and I understand that this experience may scare some people away because they're not ready to face people "like that."

I'm not going to fool you because you may meet someone who is wiggling like a human Slinky or see someone whose hands have such rapid tremors that you think he/she might suddenly rise and hover above the ground. Someone who shuffles and speaks only in whispers might not seem very welcoming, but I encourage you to think about these individuals differently. Think about what you can learn from these experts, from their years of experience living with Parkinson's, their coping strategies, and how just being with them is so encouraging because when the going gets tough, the tough keep going.

A support group is a place where you don't have to hide your symptoms and pretend to be someone you're not. You can talk openly and honestly without fear of being judged or you can just sit quietly and listen to others.

Some of the most common things I hear from people are the following: "The support group helped me to realize that I am not alone." "I thought I was the only person in the world with my problems." "Having the opportunity to talk with other people who are in the same situation helped me to feel less isolated." "The group provided me with the opportunity to make connections with others who are facing similar challenges."

Not everyone wants or needs support beyond that offered by family and friends, and there is no question that those folks are an extremely important part of your support network. I would just like you to keep one thing in mind. No matter how hard they try, they can't really understand how you feel. The realization that there are folks who literally can walk a mile (or even just take a few steps) in YOUR SHOES brings about a feeling of relief that those of us without Parkinson's can never understand. Perhaps for the first time if you decide to join a support group, you will realize that there are people out there to whom you don't have to explain anything — people who "get you" even before you say a word.

While it's true that no two people with Parkinson's are exactly alike, it's also true that everyone with Parkinson's needs understanding, acceptance, and HOPE. And in my opinion, there is no better place to find all those things than in a support group.

I would like to end with three quotes from the facilitator of a Parkinson Canada support group. She was diagnosed 27 years ago, and I consider it a privilege to call her my friend.

"The group is where I really learn that there is such a thing as living well with Parkinson's."

"When thinking of support groups and you feel you don't need one yet, stop and think for a minute; maybe they need you!"

"Parkinson's is not the nicest thing to bring people together, but it does seem to bring together nice people."

One last thought from me: Everything I have ever learned about the need for support, I have learned from elephants.

*By Sandie Jones, Information and Referral Associate*



## HELP NEAR YOU

For more information about support groups in or near your local community, visit [www.parkinson.ca](http://www.parkinson.ca), call toll-free 800-565-3000, or email [info@parkinson.ca](mailto:info@parkinson.ca)



# Ontario Support Group Satisfaction Survey 2017



## Background:

The Support Group Satisfaction Survey was developed to establish a baseline measurement of how satisfied our support group members are with the current Parkinson Canada support group services in Ontario.

## Objectives:

The survey results sought to understand if our support groups help people living with Parkinson's by providing the tools and resources necessary to feel empowered and take charge of their own health.

## Methodology:

Community development coordinators facilitated the delivery of Satisfaction Surveys to Ontario support group members between October 15 and December 31, 2017. Survey data was collected in one of two ways: in-person via hard copy paper surveys filled out at support group meetings, or online through a provided Survey Monkey link (for members who were not in attendance, virtual support groups, and remote support groups). Parkinson Canada staff and volunteers manually entered the results from the hard copy paper surveys into Survey Monkey until February 2, 2018, when the results were analyzed.

## Survey Highlights are as follows:

- a total of 981 surveys were completed
- 92% of respondents feel the support group meetings are a positive experience that encourages living well with Parkinson's disease (PD)
- 85% of respondents stated that the support group meets their information needs
- 72% of respondents feel a strong connection to their support group peers
- knowledge of practical strategies to live well with PD improved significantly after attending the support group meetings
- across all groups, 47% are satisfied and 45% are very satisfied with the support group experience
- 99% of members would recommend Parkinson Canada support groups

## The following recommendations were collected to improve the overall support group experience:

- focus on activities of daily living (ADL)
- emphasis on practical suggestions at each meeting and more information on local resources
- offering of service providers
- more of a focus on exercise
- more involvement by Parkinson Canada staff, e.g. Sandie Jones
- would like to focus more on sharing our experiences and hope with one another and a little less on informational presentations
- more information on research
- more time with other caregivers, and more information and support for caregivers
- consider a group for people living with Parkinson's disease without a caregiver
- more speakers on Parkinson's disease and medication
- ideas and names of professionals and speakers
- up-to-date brochures and other information

## EXPERT WEBINAR SERIES

### September 11, **Parkinson's Toolbox: All You Need to Manage Parkinson's**

Neli Gontier

### November 13, **Progressive Supranuclear Palsy (PSP) and Multiple System Atrophy (MSA): Signs, Symptoms, and Treatment**

Connie Marras, MD, PhD FRCP(C)

### December 11, **Incontinence and Voiding Dysfunction in Parkinson's**

Sidney B. Radomski, MD, FRCSC

Registration opens a month prior to each webinar. All events start at 12 p.m. EST. To replay archives, visit the Parkinson Canada Knowledge Network at [parkinson.ca/knowledge](http://parkinson.ca/knowledge).

## PODCASTS

Join Robert TerSteege, Information & Referral Associate at Parkinson Canada, as he talks about the different stages of Parkinson's disease. Every Parkinson's experience is unique, and knowing what you may experience as the disease progresses will empower you to take charge of your health and help you to make informed decisions about your care and treatments so that you can lead a productive and fulfilling life.

Listen to the following upcoming podcast or any of our past recordings on SoundCloud; more information can be found at [parkinson.ca/knowledge](http://parkinson.ca/knowledge).

### October 9, **Caregiving through the stages of Parkinson's disease**

## Education Sessions in the Community

September 11, 12:00 p.m. to 2:00 p.m., **Toronto**, *ACT on Time: Medication and Parkinson's Disease*. Parkinson Conference Centre, 4211 Yonge Street, Suite 305. Naseem Jamal, ext. 3377 / [naseem.jamal@parkinson.ca](mailto:naseem.jamal@parkinson.ca)

October 31, 9:00 a.m. to 3:00 p.m., **Morrisburg**, *Building Your Health Team*. Full day conference with multidisciplinary panel of experts. McIntosh Country Inn and Conference Centre, Hwy 2. Ginette Trottier, ext. 3422 / [ginette.trottier@parkinson.ca](mailto:ginette.trottier@parkinson.ca)

### Stay Tuned for More Details:

Fall, **Niagara Region**, *Meet Your Parkinson Canada Team*. Full-day conference. Paul Scibetta, ext. 3337 / [paul.scibetta@parkinson.ca](mailto:paul.scibetta@parkinson.ca)

Fall, **Thunder Bay**, *Building Your Care Team*. A multidisciplinary panel of experts. 55 Plus Centre. Kimberly Kennedy, ext. 3331 / [kimberly.kennedy@parkinson.ca](mailto:kimberly.kennedy@parkinson.ca)

September, **Hawkesbury**, *Build Your Health Care Team*. Hawkesbury Legion. Ginette Trottier, ext. 3422 / [ginette.trottier@parkinson.ca](mailto:ginette.trottier@parkinson.ca)

November, *Parkinson Disease Research: Where are we?* Sue MacKay, ext. 3326 / [susan.mackay@parkinson.ca](mailto:susan.mackay@parkinson.ca)

**Most of the education sessions listed require registration. Please contact the Community Development Coordinator listed with the event you are interested in to register or for more information at 800-565-3000 then the extension number, or visit [parkinson.ca/programs-near-you/](http://parkinson.ca/programs-near-you/) and click on events from the drop down menu.**

## Become a Parkinson's Ambassador!

Parkinson Canada is currently recruiting representatives from federal and provincial ridings across Canada to join our Ambassador Network. We are looking for motivated individuals to help move Parkinson's issues forward. You can be a champion in your community by being the voice for Canadians with Parkinson's.

If you are interested in being a Parkinson's Ambassador or have further questions about this opportunity, please contact us either by email at [advocacy@parkinson.ca](mailto:advocacy@parkinson.ca), or by phone at 800-565-3000 ext. 3501.

# Easing the pain of Parkinson's disease



## **Dr. Susan Fox, Professor Associate Director**

Movement Disorders Clinic Toronto Western Hospital, University of Toronto  
Garden Centre Group Co-Op Corp. Pilot Project Grant, \$44,925 over 1 year

### **Area of Research: Complications of Parkinson's disease**

Pain is a constant companion for as many as 10 percent of people with Parkinson's disease. Unfortunately, most of them can't tolerate the sleepiness and confusion regular pain medications induce.

That's why Dr. Susan Fox, a Toronto neurologist and professor at the University of Toronto, is investigating a different source of pain relief. Fox is conducting a pilot study, along with her colleague Dr Tiago Mestre in Ottawa, to see whether 15 people with Parkinson's disease will benefit from oils made from cannabinoids—the active compounds in marijuana.

Currently, people with Parkinson's may experience pain in their muscles and joints because of the stiffness and rigidity the illness causes. Some also report a sharp pain, often in their legs or feet, that is more puzzling because doctors can't determine its exact cause.

"Some people call it central pain," says Fox. "It's probably mediated by some brain mechanism reflective of Parkinson's. People express this as an unpleasant burning, stabbing pain, and it's very difficult to treat."

Fox, who treats people with Parkinson's at Toronto Western Hospital's Movement Disorders Clinic, hopes her study will discover whether people with Parkinson's can tolerate oils, and experience less pain after using them. She also wants to identify the best strength and dosage for people to use.

Almost every day, one of her patients asks her about trying marijuana to relieve their tremors or rigidity. But although marijuana might help people relax and feel less rigid temporarily, there's no evidence that it relieves those symptoms long-term, she says.

"There's always this misconception that cannabis can help anything and everything," she adds.

Fox would rather see her patients try approved and safe medications to relieve tremors and rigidity, so that's why this study is focused on determining if there is any benefit of cannabis oils to treat pain. Fox's study will also assess whether these oils cause drowsiness and lower blood pressure—already a concern for people with Parkinson's. There is also a small risk the oil could induce or worsen hallucinations—a symptom some people are already experiencing. If Fox's research demonstrates that people can tolerate cannabis oil and it doesn't have worrisome side effects, then her results could lead to a larger, randomized controlled trial.

"There are clear risks and side effects with cannabis, so you weigh up the risk versus the benefit ratio," she says.

Most importantly, Fox hopes the cannabis oil will not only help people with Parkinson's feel better, it will also relieve a burden for their caregivers.

"It's an unmet need," she says. "It's very challenging for the family, as well, to watch their loved one in pain and agony."



# Parkinson Canada SuperWalk: Why We Walk

Parkinson Canada SuperWalk takes place in communities across Ontario and throughout Canada this September. As the only nationwide fundraising event in support of Parkinson Canada, supporters across the province and beyond ensure that essential services are available throughout the country. Walkers across the province are all walking on the same path toward a world without Parkinson's, and just like no two Parkinson's experiences are the same, each walker's motivation for participating can be very personal.

As testimonials from Ontario participants point out, whatever your motivation, the desire to make an impact is what fuels our participants.

**Elizabeth Tansley** of Mississauga was diagnosed with Parkinson's in 2004 and has been participating in SuperWalk for eight years. She views SuperWalk as a great way to learn more about Parkinson's and to raise funds for a cure. "At first I went to SuperWalk because I really wanted to find out more about Parkinson's. I met a lot of people who were so motivated to help fundraise for a cure, and it made me want to do the same. It's always wonderful to walk

with friends and others with Parkinson's that I have met along the way. Everyone is so happy, as you can tell by the smiles on our faces, and we're all hopeful that a cure will be found. Despite our condition, everyone is cheerful."



**Lanny Thomas**

**Bill King** of Cobourg was diagnosed with Parkinson's in 2007, and he and his wife Daphne will be taking part in SuperWalk for the sixth time this year. Daphne says, "Support of family is paramount, as well as good friends who understand and take your situation at face value. Hope keeps us motivated. There's an amazing attitude that people with Parkinson's have: Parkinson's won't beat us!"

**Lanny Thomas** of Peterborough is a fifth-year participant. He shares, "I can handle this in two ways. I can take it on the chin and keep moving, or I can let it get the best of me. There's no way I'm giving up. I take it upon myself to go forward with this."

**Alan Farmer** of Acton, who was diagnosed in 2004, says his reasons to participate focus on an appreciation for services and support. "Services from Parkinson Canada are always there when I need them, and they're very helpful. They directed me to a great hospital for treatment, and they always had someone available whenever I needed to talk about my Parkinson's."

This year, we're calling on you to share your own reasons as part of our Everyday Heroes contest. One winner will be selected from all nominees to represent the Parkinson Community as the National Hero for Parkinson Canada SuperWalk. Submit a nomination by phone at 800-565-3000; email [superwalk@parkinson.ca](mailto:superwalk@parkinson.ca); or online [donate.parkinson.ca/heroes](http://donate.parkinson.ca/heroes)



**Elizabeth Tansley (right)**



**Daphne and Bill King**



**Alan Farmer (right)**

# Find a SuperWalk Near You!

## Saturday, September 8

**Barrie:** Heritage Park Gazebo  
**Belleville:** West Zwick's Park—Tom Gavey Pavilion  
**Collingwood:** Harbourview Park  
**Mississauga:** Living Arts Centre  
**Muskoka Region:** Chartwell James Street Place  
**Oakville:** Oakville Place Mall  
**Peterborough:** Thomas A. Stewart Secondary School  
**Sudbury:** Delki Dozzi Park  
**Toronto East:** Ashbridges Bay Park  
**Cornwall:** Cornwall Civic Complex / Lamoureux Park  
**Lanark North Leeds:** Conlon Farm Recreation Complex, Perth  
**Ottawa:** Lakeside Gardens / Britannia Beach

## Saturday, September 15

**Brampton:** South Fletcher's Sportsplex  
**Guelph:** Riverside Park Pavilion  
**Kingston:** Lake Ontario Park  
**North Bay:** Rotary Waterfront Park  
**Port Dover:** Powell Park Gazebo  
**Thunder Bay:** Intercity Shopping Centre  
**Brockville:** Brockville Yacht Club  
**Hawkesbury:** Confederation Park

## Sunday, September 9

**Durham:** Rotary Park  
**Markham:** Fred Varley Art Gallery Courtyard  
**Northumberland:** C.R. Gummow Public School  
**Timmins:** Timmins Regional Athletics & Soccer Complex  
**Toronto North:** Earl Bales Park  
**Vaughan:** Vaughan City Hall  
**Renfrew:** Ma-te-Way Activity Center

## Sunday, September 16

**Burlington:** Burlington Lions Hall  
**Haliburton:** Head Lake Park Band Shell  
**Hamilton:** St. Peter's Hospital  
**London:** Victoria Park  
**Newmarket:** Fairy Lake Park  
**Niagara Region:** Grantham Lions Club  
**Orillia:** Rotary Place  
**Windsor:** Malden Park

<b>Cochrane SG</b>	Tim Horton Events Centre	<b>Date TBD</b>
<b>Kirkland Lake SG</b>	Kinross Pond Walking Trail	<b>Wednesday, September 12, 2018</b>
<b>Manitoulin/ Mindemoya SG</b>	Mindemoya Public Library	<b>Thursday, September 20, 2018</b>
<b>Napanee SG</b>	Napanee Community Health Centre	<b>Wednesday, September 5, 2018</b>
<b>North Simcoe SG</b>	Real Canadian Superstore	<b>Thursday, September 27, 2018</b>
<b>Parry Sound SG</b>	Belvedere Heights	<b>Wednesday, September 19, 2018</b>
<b>Alliston (Euchre Tournament)</b>	Living Faith Community Church	<b>Saturday, September 15, 2018</b>



Inscrivez-vous en ligne à  
**granderandonneeparkinson.ca**

Register online at  
**superwalk.ca**

Ou par téléphone à  
**1(800)565-3000**

Or call  
**1(800)565-3000**



## Formulaire de collecte de fonds Pledge form

Information sur le participant / Participant Information			Lieu de la randonnée / Walk location	
Prénom / First name		Nom de famille / Last name		Email
Adresse / Address		Ville / City	Province	Code postal / Postal code
Sexe / Gender	Téléphone / Phone	À quel groupe d'âge appartenez-vous? / Please select your age group		
		<input type="checkbox"/> Moins de 12 <input type="checkbox"/> 12-17 <input type="checkbox"/> 18-25 <input type="checkbox"/> 26-40 <input type="checkbox"/> 41-55 <input type="checkbox"/> 56-64 <input type="checkbox"/> 65+		
Nom de l'équipe / Team name		Depuis combien d'années, y compris la présente, vous êtes-vous inscrit pour la Grande Randonnée Parkinson? Including this year, how many years have you participated in SuperWalk?		Souffrez-vous de la maladie du Parkinson? Are you living with Parkinson's?
Capitaine d'équipe? / Team Captain?				<input type="checkbox"/> Oui/Yes <input type="checkbox"/> Non/No
<input type="checkbox"/> Oui/Yes <input type="checkbox"/> Non/No				

### Renonciation / Waiver

J'accepte de participer à la Grande Randonnée Parkinson (GRP) volontairement et je le fais à mes propres risques. Par la présente, je libère entièrement Parkinson Par les présentes, je dégage Parkinson Canada, les commanditaires corporatifs de la GRP ou toutes autres parties associées de quelque façon que ce soit à la GRP ainsi que leurs membres, administrateurs, agents, employés, personnel et bénévoles, de toutes réclamations ou poursuites découlant de toutes blessures, de la mort, de dommages à la propriété ou de vol, de pertes, ou de toutes responsabilités de toutes sortes relativement à ma participation la GRP ou toute autre activité qui y est associée. Je consens recevoir des soins d'urgence dans l'éventualité où je serais malade ou blessé lors de participation à la GRP, et j'accepte de ne pas tenir la Parkinson Canada responsable de tous frais associés à de tels traitements. Je consens à la publication ou autre utilisation de mon nom, voix, photographie ou autre utilisation du même type sans avis supplémentaire ou compensation dans toutes publicités ou annonces faites par la Parkinson Canada de quelque manière que ce soit, incluant les publications, les émissions (télévision ou radio) ou l'internet. En signant ci-dessous, je confirme que j'ai lu attentivement cette décharge et consentement et que je comprends pleinement et accepte son contenu.

I agree that I am participating in Parkinson SuperWalk (PSW) voluntarily and do so at my own risk. I hereby fully release Parkinson Canada, the corporate sponsors of PSW, and any other parties connected in any way with PSW, as well as their respective officers, directors, agents, employees, staff and volunteers, from all claims or lawsuits for any injuries, death, property damage or theft, losses, or any other liability of any kind, arising directly or indirectly out of my participation in PSW or any of the activities associated therewith. I consent to being provided with emergency treatment in the event of my illness or injury during my participation in PSW, and agree to not hold Parkinson Canada responsible for any costs associated with such treatment. I consent to the publication and/or other use of my name, voice, photograph or other likeness without further notice or compensation in any publicity or advertisement carried out by Parkinson Canada in any manner whatsoever, including print, broadcast, or the Internet. By signing below, I confirm that I have carefully read this Release and Consent and fully understand and agree to its contents.

Signature du participant  
Signature of participant

Signature du tuteur, si le participant a moins de 18 ans.  
Signature of guardian, if participant is under 18.

### Déclaration de confidentialité / Privacy statement

Parkinson Canada recueille de l'information personnelle afin de communiquer avec ses donateurs concernant des initiatives/collectes de fonds. Pour une copie de notre politique sur la vie privée, veuillez visiter [parkinson.ca/privacy-policy](http://parkinson.ca/privacy-policy), ou communiquer avec nous à :

Parkinson SuperWalk and Parkinson Canada collects personal information to communicate with supporters about initiatives and fundraising. By providing your information, you give consent to be contacted. For a copy of our privacy policy, please contact us at:

**donating@parkinson.ca or call / or par téléphone à 1(800) 565-3000.**



Do you need help? Contact us at / As-tu besoin d'aide? Contactez nous à  
email: [superwalk@parkinson.ca](mailto:superwalk@parkinson.ca) | phone: 1(800) 565-3000

Nos / Our  
sponsors



Numéro d'enregistrement d'organisme de bienfaisance  
Charitable Registration Number  
10809 1786 RR0001

La Grande Randonnée Parkinson est de marque de commerce <sup>TM</sup> de Parkinson Canada Inc.  
<sup>TM</sup> PARKINSON CANADA SUPERWALK is a trademark of Parkinson Canada Inc.





## Formulaire de collecte de fonds Pledge form

### Envoyer à / Mail to

Parkinson Canada  
316-4211 rue Yonge / Yonge Street  
Toronto, ON., M2P 2A9  
Attn: Parkinson SuperWalk

Renvoyez ou postez vos formulaires d'engagement à un bureau de Parkinson Canada avant le 31 août afin de faciliter votre enregistrement et le jour de la marche, de voir le mis à jour de votre total.

Return your pledge forms to a Parkinson Canada office or by mail to make your walk day check-in easier. Get them in by August 31<sup>st</sup> and see your totals counted on your walk day!

**Veuillez imprimer clairement, remplissez tous les champs et n'incluez pas les fonds collectés en ligne.**

**Please print clearly, complete all fields and do not include funds collected online.**

Participant	Lieu de la randonnée / Walk location	Nom de l'équipe / Team name
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### Engagements / Pledges

Prénom / First Name	Nom de famille / Last Name		
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Adresse / Address	Ville / City	Province	Code postal Postal code
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Email	Téléphone / Phone	Montant / Amount \$	<input type="checkbox"/> Espèces/Cash <input type="checkbox"/> Chèque/Cheque
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Prénom / First Name	Nom de famille / Last Name		
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Adresse / Address	Ville / City	Province	Code postal Postal code
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Email	Téléphone / Phone	Montant / Amount \$	<input type="checkbox"/> Espèces/Cash <input type="checkbox"/> Chèque/Cheque
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Prénom / First Name	Nom de famille / Last Name		
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Adresse / Address	Ville / City	Province	Code postal Postal code
-------------------	--------------	----------	----------------------------

Email	Téléphone / Phone	Montant / Amount \$	<input type="checkbox"/> Espèces/Cash <input type="checkbox"/> Chèque/Cheque
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Prénom / First Name	Nom de famille / Last Name		
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Adresse / Address	Ville / City	Province	Code postal Postal code
-------------------	--------------	----------	----------------------------

Email	Téléphone / Phone	Montant / Amount \$	<input type="checkbox"/> Espèces/Cash <input type="checkbox"/> Chèque/Cheque
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Les reçus aux fins de l'impôt seront émis automatiquement pour les engagements de 20\$+.

Les reçus aux fins de l'impôt seront postés avant le 28 février.

Si l'information n'est pas complète, aucun reçu aux fins de l'impôt ne sera émis.

Tax receipts will be automatically issued for donations over \$20.

Tax receipts will be mailed by February 28<sup>th</sup>, of the following year.

Tax receipts cannot be issued if information is incomplete.

Numéro de page Page Number	Total collecté (ce page) Total collected (this page)
Total des pages Total pages	Total collecté (toutes les pages) Total collected (all pages)

# LiveWire Reader Survey 2018

*We value your opinion. Please help us best serve you in the future by taking five minutes to complete the following survey and mail it using the supplied envelope (if you receive a printed version of LiveWire in the mail). If you have any questions, please contact Diane Newman Reed by emailing [diane.newmanreed@parkinson.ca](mailto:diane.newmanreed@parkinson.ca) or call 800-565-3000, ext. 3315. If you'd prefer to fill out the survey online, please go to <https://www.surveymonkey.com/r/SVY3FW2> . Please mail or fill out the survey online by Friday September 14, 2018. Thank you!*

## 1. How important is the LiveWire newsletter for you?

- ☐ Not important
- ☐ Somewhat important
- ☐ Neither important nor unimportant
- ☐ Somewhat important
- ☐ Very important

## 2. How many years have you been reading the LiveWire newsletter?

- ☐ Less than one year
- ☐ 1–3 years
- ☐ 4 years or more

## 3. Please rate your satisfaction on the following aspects of the newsletter, with 5 being Very Satisfied and 1 being Not Satisfied.

	Not Satisfied			Very Satisfied	
The quality of the writing	1	2	3	4	5
The overall content	1	2	3	4	5
The design and layout	1	2	3	4	5
The timeliness of the information presented	1	2	3	4	5
The relevance and helpfulness of the information	1	2	3	4	5

## 4. Do you feel the newsletter effectively provides information important to the overall needs of people with Parkinson's and/or carepartners?

- ☐ Yes
- ☐ No; please explain: \_\_\_\_\_

## 5. What topics currently covered in the newsletter are the most important to you? (please select all that apply)

- ☐ Event updates and learning opportunities
- ☐ Research updates
- ☐ Information for carepartners
- ☐ Information about living with Parkinson's disease
- ☐ Volunteer opportunities
- ☐ Fundraising events (Parkinson SuperWalk, etc.)
- ☐ Fundraising opportunities (planned giving, etc.)
- ☐ Information about Parkinson Canada

Other: please list \_\_\_\_\_

**Reader Survey 2018 (continued)**

**6. What, if any, information or topics would you like to see included in the newsletter in the future?**

Please list: \_\_\_\_\_

**7. What, if any, information or topics do you feel could be excluded in future?**

Please explain: \_\_\_\_\_

**8. How do you receive the newsletter?**

☐ Print copy by mail    ☐ Electronic/Online    ☐ Both    ☐ Do Not Subscribe

**9. What is your age range?**

☐ Under 25    ☐ 25–49    ☐ 50–64    ☐ Over 64    ☐ Prefer not to answer

**10. Including yourself, how many people in your household read LiveWire?**

☐ 1

☐ 2

☐ 3 or more

**11. What is your connection to Parkinson's? (please select all that apply) I am a**

☐ Person living with Parkinson's

☐ Carepartner/family member

☐ Volunteer

☐ Healthcare professional

Specify area of practice: \_\_\_\_\_

☐ Donor/Supporter of a Parkinson Canada fundraising event (e.g., Parkinson SuperWalk, Pedaling for Parkinson's)

Other, please list: \_\_\_\_\_

**12. What other organizations do you connect with for information about Parkinson's disease?**

Please list: \_\_\_\_\_

**13. Do you have any other suggestions?**

Please list: \_\_\_\_\_

**14. Including English, what other languages are spoken in your household?**

Please list: \_\_\_\_\_

**15. Please provide your postal code: \_\_\_\_\_**



# COMMUNITY EVENT CALENDAR

Parkinson Canada and third-party organizers host a variety of events throughout the year.

August 12	Pitch In for Parkinson's, Toronto  Parkinson Canada Hosted Event	Thank you to our season ticket supporters, who graciously donated their Toronto Blue Jay tickets to support our annual fundraiser. Funds raised help provide services, support, and education, as well as fund research.  For event information, please contact <a href="mailto:melinda.good@parkinson.ca">melinda.good@parkinson.ca</a>
September 8 to 9 and 15 to 16	Parkinson Canada SuperWalk  Parkinson-Canada Hosted Event	Since 1990, Canadians have come together to raise vital funds to support Canadians living with Parkinson's, their families, and care providers. Join us in September at the only nationwide fundraising walk for Parkinson's disease in Canada.  To register, please visit <a href="http://superwalk.ca">superwalk.ca</a>
September 26	Golf Tournament, Creemore  Community Fundraising Event	Golf for Parkinson's at Mad River Golf Club. To register, please visit:  Mad River Golf Club  <a href="http://donate.parkinson.ca/madriver">donate.parkinson.ca/madriver</a>
October 21	Scotiabank Toronto Waterfront Marathon  Community Fundraising Event	Register for a 5K, Half Marathon, or Marathon at this year's Scotiabank Toronto Waterfront Marathon, and help support the 25 Canadians diagnosed with Parkinson's every day.  To register, please visit <a href="http://raceroster.com/events/2018/14593/2018-scotiabank-toronto-waterfront-marathon">raceroster.com/events/2018/14593/2018-scotiabank-toronto-waterfront-marathon</a>



# Our Mission

*Parkinson Canada is the voice of Canadians living with Parkinson's. Since 1965, we have provided education, advocacy, and support services, in communities coast to coast, to individuals and the health care professionals who treat them. The Parkinson Canada Research Program funds innovative research to search for better treatments and a cure.*



The Standards Program Trustmark is a mark of Imagine Canada used under licence by Parkinson Canada.

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[www.parkinson.ca](http://www.parkinson.ca)

800-565-3000

Charitable No: 10809 1786 RR0001



LiveWire is published three times a year—our spring edition in March, our summer edition in August, and our fall and winter edition in November—to provide helpful information to people affected by Parkinson's. It is not meant to provide medical advice; readers should contact their doctors in all matters relating to health concerns and/or medication. LiveWire is offered in print and pdf form, and past issues may be accessed at [parkinson.ca](http://parkinson.ca). If you would like to be added to our mailing list, either by regular mail or email (please specify), contact Diane Newman Reed at ext. 3315 or email [diane.newmanreed@parkinson.ca](mailto:diane.newmanreed@parkinson.ca).

## What We Do in Ontario

### Research

The Parkinson Canada Research Program has invested more than \$27 million in 528 grants and awards since 1981 and continues to fund innovative and novel research projects each year.

### Advocacy

Our Ontario Advocacy Committee works to inform key government officials, decision makers, and agencies in support of people living with Parkinson's disease. We build strong relationships with the Local Health Integration Networks across Ontario.

### Support and Education

We provide consistent and excellent education to people living with Parkinson's disease and their families to help them live well through seminars and conferences held in different locations across the province. We also offer a number of webinars during the year and smaller sessions held monthly at our 80 support group and chapter meetings in Ontario.

**We do this thanks to the generous support of our donors.**

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### LiveWire

Parkinson Canada  
316 – 4211 Yonge St.  
Toronto, ON M2P 2A9

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