



LiveWire

PARKINSON SOCIETY CENTRAL & NORTHERN ONTARIO

Fall & Winter 2013



Celebrating our TOP WALKER IN CANADA, Margot Greenberg (centre), who raised more than \$72,000!

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Parkinson Society Central & Northern Ontario 2013 SuperWalk Raises More Than \$950,000!

Parkinson Society Central & Northern Ontario is proud to celebrate another successful SuperWalk with more than 3,100 participants, 500 volunteers, and 30 walk locations! Our walkers raised more than **\$950,000** to help us realize our vision of a better life and a brighter future for Canadians living with Parkinson's today—and a world without Parkinson's tomorrow.



Parkinson Society Central & Northern Ontario
Société Parkinson du Centre et du Nord de l'Ontario

In Partnership with Parkinson Society Canada

Parkinson Society Central & Northern Ontario

Welcome to LiveWire, our regional newsletter! So many exciting things have been happening in our region, and we hope you enjoy this issue of the newsletter where you get to 'read all about it.'



Many of us throughout the region were privileged to be able to attend **World Parkinson Congress** from October 1–4 in Montreal. Three thousand, three hundred, and thirty people from all over the world attended—about 1,300 from Canada—and we were all proud to wear the Canadian ribbon identifier. Don't forget to read about the **Buddies Program** in this issue of LiveWire, as PSCNO's Bill Sloan was the volunteer who organized the program.

Parkinson SuperWalk 2013 has been a great success this year. I am happy to announce that we have raised \$950,000 so far, our highest total yet. We are grateful for the support of the many volunteers, sponsors, walkers, and donors who make this possible.

Our goal is to make Parkinson Society Central & Northern Ontario the first choice for Ontarians seeking Parkinson's disease information, support services, and leading-edge research. Please help us in our efforts by **spreading the word** that we are here for Ontarians online, in person, and on the telephone, guiding them along their Parkinson's journey.

Ask anyone with Parkinson's what keeps them going, and they will say, understanding today and hope for the future; what they want most, they will tell you, is a cure. Together, we can achieve this, with your continued support.

Enjoy reading this issue of LiveWire!

What We Do

Support Services

We provide consistent and excellent support to people living with Parkinson's and their families to make their lives better.

Education

Our goal is to provide excellent seminars and conferences to different areas in the region and online so that this information is readily available. We also offer smaller sessions during support group meetings all over the region.

Advocacy

Our Ontario-wide Advocacy Committee works to influence the behaviour of key government officials and agencies in support of people living with Parkinson's, and build strong relationships with the Local Health Integration Networks across Ontario.

Research

Parkinson Society Central & Northern Ontario fully supports the National Research program and sends all research donations to support this program.

PSCNO could not fulfill its mission without the generosity of its donors and volunteers! To help ease the burden and find a cure, call 800-565-3000 ext. 3378 or visit www.parkinsoncno.ca to make a one-time or monthly donation. Thank you for your continued support!

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Parkinson Society Central & Northern Ontario

Société Parkinson du Centre et du Nord de l'Ontario

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SuperWalk 2013

Celebrating A Successful SuperWalk in Central & Northern Ontario!



Around our Central & Northern Ontario (CNO) region, there are many stories of success from SuperWalk. Here are a few:

- We are proud to announce that the TOP WALKER in Canada is from CNO! Congratulations to **Margot Greenberg** who raised over **\$72,000!** Margot has been an avid supporter of SuperWalk since 1994.



- There are three CNO teams still 'duking it out' for TOP TEAM in both the region and across Canada. **Hughie's Hustlers, Mississauga Warriors, and Team Bearg** continue to impress us with their colossal fundraising success!

- In 2013, SuperWalk welcomed new walk locations in Vaughan and Northumberland, and both had amazing first-year success! With a combined total of nearly **\$100,000**, these locations hit the ground running and are off to an amazing start!



- 2013 marked the third annual SuperWalk Long Term Care Challenge. Retirement Residences and Long Term Care Facilities across CNO hosted fundraising events in their homes to help support SuperWalk in their community—from mini walks to BBQs, tea parties to wine and cheese socials, and more! **The Community of Lookout Ridge** in Fonthill is our 2013 Challenge winner, raising more than \$1,600 for the Niagara SuperWalk!

- Our small but mighty **Support Group Walks** were an integral part of CNO's success this year. Thank you to all the loyal Support Group friends and family who came out to support SuperWalk 2013!



SuperWalk could not have happened without the help of our fantastic walk committees, walkers, participants, teams, media supporters, volunteers, and sponsors. Many of these individuals gave their time freely to ensure that SuperWalk was a tremendous success, and we sincerely thank them for all of their hard work and commitment to this remarkable event.

Remember to visit www.parkinsonsuperwalk.ca in early April 2014 to register for a SuperWalk in your community. SuperWalks across CNO raised a record-breaking \$950,120, and we are setting our sights on the \$1 million mark for 2014! We hope you will join us as we aim for this monumental goal!

SuperWalk 2013

Walk Totals

Alliston.....	\$3,543
Barrie.....	\$25,611
Belleville.....	\$12,603
Bracebridge.....	\$21,254
Brampton.....	\$20,743
Burlington.....	\$83,962
Collingwood.....	\$1,800
Durham Region.....	\$82,090
Guelph.....	\$26,507
Haliburton.....	\$1,674
Hamilton.....	\$22,436
Huntsville.....	\$4,960
Kingston.....	\$26,136
Kirkland Lake.....	\$3,166
Manitoulin Island.....	\$1,870
Markham/Unionville.....	\$6,946
Mississauga.....	\$51,190
Newmarket/Aurora.....	\$26,551
Niagara.....	\$27,511
North Bay.....	\$1,505
Northumberland.....	\$53,485
Orillia.....	\$585
Parry Sound.....	\$712
Peterborough.....	\$37,102
Sault Ste. Marie.....	\$1,665
Sudbury.....	\$19,679
Thunder Bay.....	\$13,228
Timmins.....	\$2,975
Toronto.....	\$322,569
Vaughan.....	\$46,064
Total	\$950,122

Top Walkers

Alliston.....	Robert Nicholls
Barrie.....	Tim Snelgrove
Belleville.....	Robert Ritzer
Bracebridge.....	Tammy Taylor
Brampton.....	Alan Farmer
Burlington.....	Allison Neilson-Jessome
Collingwood.....	Janet Rosine
Durham Region.....	Leslee Wills
Guelph.....	Mary Joy
Haliburton.....	Zelda Cooper
Hamilton.....	Anna Sbrissa
Huntsville.....	Pauline Diamond
Kingston.....	Lidia Binnie
Kirkland Lake.....	Diane Merrell
Manitoulin Islands.....	Marion Turner
Markham.....	Victoria Janovski
Mississauga.....	Jim Wilkinson
Newmarket/Aurora.....	David Gallagher
Niagara.....	Diane Dunk
North Bay.....	Ron Boucher
Northumberland	William Gardner
Orillia.....	Doreen Kelly
Parry Sound.....	Carol Marshall/ Belvedere Heights
Peterborough.....	Vivian Heinmiller
Sault Ste. Marie.....	Evelyn Horner
Sudbury.....	Bruce McCulloch
Thunder Bay.....	Dan Balacko
Timmins.....	Mariette Rains
Toronto.....	Margot Greenberg
Vaughan.....	John Scaini

Top Teams

Alliston.....	Joe's Girls
Barrie.....	Nancy Pants
Belleville.....	Bushy's Bunch
Bracebridge.....	Johnny's Angels
Brampton.....	Farmer Family
Burlington.....	Mo's Angels
Collingwood.....	Desnoyers Family
Durham Region	Bertha's Tulip
Guelph.....	Q.T.
Hamilton.....	Marriott Marchers
Huntsville.....	Huntsvillians
Kingston.....	The Walking Runnings
Kirkland Lake....	John & Diane Merrell
Manitoulin Island.....	Marky Parky
Markham/Unionville.....	Grandpa Conrad's Team
Mississauga.....	Mississauga Warriors
Newmarket/Aurora.....	Irish
Niagara.....	Sullivan Mahoney Slam Dunk Parkinson
Northumberland.....	Team Billy
Peterborough.....	Peterborough Movers & Shakers
Sault Ste. Marie.....	Roes Family
Sudbury	Bernice Leblond
Thunder Bay.....	The HAM Clan
Timmins.....	Timmins Support Group
Toronto.....	Hughie's Hustlers
Vaughan.....	Team Cookie

We are always looking to expand our horizons and include additional walk sites in our fundraising campaign. If you would like to take on the exciting challenge of bringing SuperWalk into your community, please contact Amanda Stanton at 800-565-3000 ext. 3371, or amanda.stanton@parkinson.ca

SuperWalk 2013

Parkinson SuperWalk Long Term Care Challenge

We are proud to announce that the winner of this year's challenge is **LOOKOUT RIDGE in Fonthill**. More than \$1,600 was collected from the residents in the home and was contributed to the Niagara SuperWalk.

We would like to thank all of the following homes who supported SuperWalk and participated in the challenge:

APPLEFEST LODGE, Brighton

CAVENDISH MANOR RETIREMENT RESIDENCE, Niagara Falls

EXTENDICARE KINGSTON, Kingston

HELEN HENDERSON CARE CENTRE LODGE, Amherstview

TRILLIUM CENTRE, Kingston

THE VILLAGE OF HUMBER HEIGHTS, Toronto

BELVEDERE HEIGHTS LONG TERM CARE, Parry Sound

RIDEAUCREST HOME, Kingston

THE GARDENS OF PETERBOROUGH: PRINCESS, ROYAL, EMPRESS, AND CANTERBURY, Peterborough

BAY HAVEN SENIOR CARE COMMUNITY, Collingwood

SIMCOE TERRACE, Bracebridge



Thanks to our food sponsor,
Subway Restaurants, for
providing 10 of our walk sites

with 6-inch subs for our participants!

Parkinson Society Central & Northern Ontario would like to thank all of our generous SuperWalk sponsors who helped bring us closer to a cure!

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Parkinson Buddies

World Parkinson Congress 2013 Buddies

What makes a 'buddy'? The definition is 'a close friend' or pal, chum, mate, fellow, comrade, or companion. The World Parkinson Congress (WPC) Buddy Program linked people from the host country of Canada with others around the world who are living with, or affected by, Parkinson's. In some cases, Canadians were 'buddied' with others from different regions or provinces.

Marg and Don Turner, and John and Sue Whipps were part of the Buddy Program at World Parkinson Congress (WPC) 2013 in Montreal. The Turners and the Whipps enjoyed exchanging emails in the months preceding the WPC, and met in Montreal. There they dined together and, over the week, Ontarians Marg and Don Turner made sure to introduce the Whipps to the many friends and associates they have made over the past 19 years since Marg's Parkinson's diagnosis. In addition, many new associations were made with fellow Canadians from Saskatoon, Regina, and Abbotsford, to name a few. At the WPC, the Turners participated in a flash mob song, as part of an international Parkinson's choir 'Voices of Hope.'

John and Sue came to WPC from Looe, Cornwall, United Kingdom, where they moved to a seaside home in 2009, several years after John's retirement. They found the Buddy Program very valuable. "Our buddies made us feel at home in Canada and through them we met so many other wonderful people who were not letting Parkinson's rule their lives."



Both couples found they had much in common to talk about. John was a university professor and Sue a teacher in a primary school; Don worked in the transportation industry for years at CP Rail and Marg, who ended her working career as an office administrator at the same time as Don's retirement, has since worked passionately on various community projects, and on building awareness of Parkinson's disease through the

local media. Both Sue and John are very active participants, and on the executive, of their Young Onset Parkinson Groups.

Here in Ontario, the Turners have become fondly known as 'Team Turner' for their boundless energy and commitment to a wide variety of PSCNO events, which include leading the North York Support Group for close to 10 years; organizing high-profile long distance walks as part of Parkinson SuperWalk; being members of the Hope In Bloom Tulip Campaign Committee; and working as ambassadors in various settings. They are known for asking "What can I do to help?" and following through with great commitment and zeal. Marg and Don are also long-time supporters of PSCNO's monthly giving program 'Partners for Parkinson's.' "We were invited to become monthly supporters by another member who invited us to give, mentioning that it was the price of a cup of coffee a day to make a difference."

To become a monthly supporter, contact Lorelei Wilkinson at 800 565 3000 ext. 3378 or email lolelei.wilkinson@parkinson.ca.

If you are interested in becoming a buddy, effective January 2014, you can contact Bill at bill.sloan@parkinson.ca or Barry at barry.shorrocks@parkinson.ca.

New Buddy Program Coming to PSCNO

The World Parkinson Coalition and Parkinson Society Canada launched a Buddies program in preparation for the 2013 Congress, matching registrants from around the world with a Canadian Buddy to share their experiences living with Parkinson's. The Buddies Program had 206 participants, including people living with Parkinson's, carepartners, or couples.

The volunteer responsible for the success of this program is Bill Sloan who, in October 2012, became the volunteer responsible for matching people as buddies. He volunteered up to 25 hours per week ensuring good matches between people at similar places in their PD journey and with similar interests. Feedback to-date has been positive:

"I like the way we were very carefully matched in terms of our PD as well as our other life experiences."

"There is a sense of community that lightens the burden when we have an opportunity to share strategies, concerns, and challenges."

"For Bill Sloan, this was a very important volunteer role. His personal dedication, and his own journey with PD (which has been quite difficult at times), made him very committed to matching buddies in so many ways other than just their Parkinson's journey," says Louise LeBlanc, PSCNO coordinator of volunteers.

Bill has been an active volunteer with PSCNO since 2006 as a 'Hope in Bloom' Tulip Captain and a Healthpartners speaker.

In January 2014, PSCNO is starting its own Buddy Program. We will have two volunteers: Bill will be the volunteer who matches people living with PD, and Barry Shorrocks, who is the primary carepartner for his wife, Ann, will match carepartners.

Not everyone is comfortable speaking at support groups, and not everyone has easy access to a support group. The Buddy Program will offer an opportunity for people to be matched with others who understand the day to day issues they face, and who can offer friendship and support.

World Parkinson Congress 2013: Four Days of Sharing Information, Demonstrating Progress, and Inspiring Hope

As the third World Parkinson Congress (WPC) came to an end, many left with a message of hope for the Parkinson's community—hope for a better quality of life, better treatments, and one day a cure.

The four-day conference, hosted in Montreal, shared information about advancements in science, and promoted an international sense of community, by bringing together thousands of people from across the globe, including scientists, neurologists, advocates, caregivers, and people living with Parkinson's disease. Presenters came from many countries such as Australia, France, Netherlands, the U.S., and our very own Canada.

The conference offered a large spectrum of sessions encapsulating a variety of topics. These included the following:

- why and how specific neurons die in Parkinson's disease and what can be done about it
- why supporting research is crucial: from government to private funding agencies
- non-motor manifestations of Parkinson's disease
- the search for new delivery methods for drugs
- new views on the management of Parkinson's disease
- which physical and mental exercises are good for people with Parkinson's

"What a great few days to learn about the latest developments in Parkinson's research and directly interact with the Parkinson's community from different parts of the world," says Debbie Davis, Chief Executive Officer, Parkinson Society Central & Northern Ontario. "It has left us feeling more encouraged and hopeful than ever."

Parkinson Society Canada also hosted the first ever Buddies' Reception at the conference highlighting the Parkinson's Buddies Program. WPC organizers launched the Buddies Program, matching registrants with Parkinson's or caregivers with others from around the world who were also attending. This program was initiated to encourage buddies to communicate before, during, and after WPC to share their

tips and experiences, engage with the international Parkinson's community, and foster another layer of support.

More than 100 people from various countries came to the reception, organized by Parkinson Society Central & Northern Ontario's volunteer Bill Sloan, who has Parkinson's.

"I came up with the idea of having the Buddies' reception so that the buddies could meet for the first time," says Sloan. "I thought it would be an excellent way to show appreciation to the individuals and caregivers for participating in the first international buddy program."



Bill Sloan and Debbie Davis at WPC

As well, Parkinson Society Canada hosted the 10th Donald Calne Lecture, where Dr. Virginia M.-Y. Lee presented on 'New insights into the mechanisms of Parkinson's disease progression.'

Dr. Lee is a professor at the University Of Pennsylvania School of Medicine and is internationally recognized for her work on the etiology and pathogenesis of alpha-synuclein, tau, TDP-43, and other misfolded disease proteins in the pathobiology of neurodegenerative diseases, including Alzheimer's disease and Parkinson's disease. Other research efforts focus on an increased understanding of the collaborative initiatives to advance drug discovery in Alzheimer's and Parkinson's diseases.

World Parkinson Congress is the only global meeting to include all members of the Parkinson's community.

Webcasts for selected sessions, including the Opening Ceremony on October 1, are now available through their website, www.worldpdcongress.org.

The next conference will be in 2016 in Portland, Oregon.

The Nurse's Desk

When You're in Trouble with Urine Troubles (or When You Can't Go with the Flow)

For many years, the focus of Parkinson's disease treatment and management was centred on the problems with movement such as tremor, muscle stiffness, and slowness of movement. Recently the realization that Parkinson's is not limited to only impairment of movement has changed the focus, and numerous other clinical features are now being examined—features that, in fact, have nothing to do with movement and as a result, do not respond to levodopa therapy.

Among these 'non-motor' features are disturbances within the autonomic nervous system, the system I prefer to call the 'automatic' nervous system, because it controls things like our heart rate, blood pressure, sweating, sexual function, as well as gastrointestinal and urinary function—things that for those of us without Parkinson's usually take for granted because they are being controlled automatically, and we don't need to worry about them.

Urinary difficulties are common and distressing for those who experience these problems.

The bladder is a muscle which gradually expands as urine collects. At the opening, a muscle called the sphincter is usually closed except during urination. Both the bladder and the sphincter muscles are controlled by the brain. When one to two cups of urine has collected in the bladder, the bladder starts to have small contractions that signal the brain that the bladder is filling up. Usually, the brain can suppress the contractions and signals until the individual can get to the bathroom, at which point the brain lets the bladder contract, the sphincter relaxes, and normal urination takes place in the toilet.

With all this talk about signals and messages travelling between the brain and muscles, I am sure by now you can see where I am going with all this, as we know in Parkinson's that the communication between the brain and many muscles is disrupted.

Difficulty holding urine is the most common problem. The bladder becomes overactive and irritable and wants to empty even if there is just a small amount of urine present, which results in the following:

- Urgency: difficulty delaying urination once the need is perceived
- Frequency: the need to urinate happens extremely frequently
- Incontinence: involuntary loss of urine

- Nocturia: repeated need to get up at night to urinate

Speak to your doctor if you are experiencing any of the above symptoms, as there are medications that can help to relax the bladder muscle and reduce bladder over-activity.

Difficulty eliminating urine, or fully emptying the bladder, is another common problem. It can be caused by a sphincter that wants to close when the bladder is ready to empty or it may be a result of the fact that the bladder muscle is too weak to expel urine.

The symptoms of difficulty eliminating are the following:

- weak urinary stream
- dribbling or leaking
- feeling that the bladder has not completely emptied

The biggest concern with these symptoms is that incomplete bladder emptying can cause accumulation of urine and the growth of bacteria. This results in a urinary tract infection, which can happen in both men and women.

While pain and changes in color or smell can be symptoms of a urinary tract infection, sometimes there may be no symptoms. However, having an infection can cause problems with levodopa, and a person can appear to have suddenly worsened with PD symptoms.

A referral to a urologist may be necessary in order to determine the cause of the problems and decide if they are related to your PD or to something else.

In summary, please speak to your doctor if you are experiencing the following:

- leakage of urine significant enough to cause embarrassment
- inability to urinate when bladder is full
- unusually frequent urination without a proven bladder infection
- needing to rush to the bathroom or losing urine if you don't arrive in time
- pain related to urination
- feeling that the bladder is not emptying completely or weakness of the urinary stream

There are medications to treat urinary frequency and urgency, but before initiating these, a doctor must make sure that some unrelated process, such as enlarged prostate, is not responsible for the problem.

By Sandie Jones, RN

Information & Referral

Who's Going to Walk the Dog?

I've spent half of my life thus far living in the country and half in the city, and more time living with people than living alone. I've lived alone in a lightless basement apartment, and I've shared a penthouse, which had closets bigger than some other units I've lived in. As long as there is room for me and The Beasts—one tiny dog and one giant cat—I'm okay.

More seriously, as someone with my own disability issues and no family in the city, one of my greatest priorities in where I live is to be close to friends who can be imposed upon. While that might sound selfish at first, if you are having a day when you aren't mobile and a stomach bug hits, and you discover you are out of anti-diarrhea medication, how are you going to go out and get it? And who's going to walk the dog?



My next concern is where is the doctor's office? When I was a child, my parents would have to drive me to the next town over, about 20 minutes away. When

they retired, they had to have the same doctor, which was now 83-km-drive (an hour) away. Like many places, there was no doctor accepting new patients. I have a friend in Toronto who also has a doctor in Toronto, but at a distance of 14.8 km away (or an hour away) provided the two trains and one bus make their exchanges on time.

Being in the city doesn't guarantee better access to service; however, when you aren't moving well and can't leave the bathroom, it doesn't matter if you have the drug store across the street or in the next town over. The problem is getting the medication. And the dog is starting to scratch the door.

If I didn't have friends to impose upon, what would I do? Because I have worked in the human services sector for so long, I know what's available through 'the System.' Most people don't, and most people do not know the difference in the terms used. The differences are important: that grey ball of blur on my lap in the picture is in the same species as a Great Dane and a wolf, yet all three are distinctly different and would need to be treated quite differently, despite certain commonalities.

The same goes for alternative living arrangements, once living safely in your home cannot be done any longer. Before making certain decisions, it is important to know some of the key differences. Because sooner or later, the dog is not going to wait for someone to come and walk her.

By Robert TerSteege, CIRS-CAN

Alternative Living Arrangements

Consider Retirement Homes

If you are looking for:

- Your own room or apartment near other people who have similar lifestyles and social interests
- Wheelchair-accessible rental accommodations
- Other optional services (e.g., meals or social activities)
- A setting that can adapt to changes in your personal care needs

If you don't need:

- Government-subsidized rent or care
- 24-hour availability of nursing care or specialized health services

Consider Assistive Living Services in Supportive Housing

If you are looking for:

- Your own apartment near other people who have similar lifestyles and/or social interests
- Rental housing with possible government rent-geared-to-income subsidy
- Government-funded personal care services
- 24-hour availability of personal care and support
- Other optional services (e.g. meals or social activities)

If you don't need:

- Immediate or 24-hour availability of nursing care or specialized health services

Consider Long-Term Care Homes

If you are looking for:

- Residential accommodation and care for individuals 18 years of age and older
- Assistance with activities of daily living and/or 24-hour availability of nursing care and high levels of personal care
- A setting that can accommodate varying health needs with on-site supervision for your personal safety
- Government-funded nursing and personal care
- Possibility of subsidized accommodations

If you don't need:

- 24-hour hospital care

Source: Home, Community and Residential Care Services for Seniors, October 2013,

http://www.health.gov.on.ca/en/public/programs/ltc/12_residential_mn.aspx

Around the Region

Pedaling for Parkinson's raises more than \$100,000!

What began three years ago as a bright idea in the minds of two friends with a love of cycling, and each with their own personal connection to Parkinson's disease, has grown into Parkinson Society CNO's largest annual third-party event. This year, the ride raised in excess of \$100,000—funds that will go directly to support the National Research Program through the Pedaling for Parkinson's grant.

In 2011, local residents Peter Istvan and David Newall co-founded Pedaling for Parkinson's to raise awareness and research funds for our organization. In year one, they exceeded expectations, raising over \$18,000. In 2012, over \$54,000 was raised. For 2013, the goal was set at an ambitious \$75,000, and with a few dollars still trickling in, the total amount raised is over \$100,000.

"This event helps make a difference in the lives of people and families affected by Parkinson's," says Istvan. "There are so many inspirational stories that motivate people to ride. For example, one cyclist who participated was riding in honour of his grandmother who died 20 years ago of Parkinson's."

Another heart-warming tale, and one which has been covered by numerous media outlets this summer, is that of Nat Bannister, a nine-year-old Nobleton resident who tackled the ride, traveling over 280 km through three days with his father in support of his grandfather who is living with Parkinson's. Nat's completion of the ride was heroic—as was his fundraising total, a whopping \$10,000. Nat spends a lot of time with his grandfather and was enthusiastic about participating and help-



ing to find a cure for Parkinson's. When Nat's father, Doug, found out about the ride and suggested it to his son, Nat took no time to reply, "Is that even a question?" From there,

dedication carried the duo to achieving both their distance and fundraising goals.

In what is great news for Parkinson CNO, the research community, and everyone who participated—along with those who would like to get away to Parry Sound in 2014 for a wonderful weekend of sightseeing, camaraderie, and cycling—the event is already scheduled for next year, set to take place July 11–13. The details will be available soon at www.pedalingforparkinsons.ca.



Other Events Around the Region

Pitch in! for Parkinson's was another great success this year. Our game-day experience sold out quickly, with a busload from Peterborough joining an already large group of Blue Jays fans at the Rogers Centre as the team took on the Oakland Athletics. Best of all, for the first time in recent memory, our crowd was treated to a win by the home team!

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Société Parkinson du Centre et du Nord de l'Ontario



Additionally, this year marked the second time friend of the Society (and Rogers Sportsnet Analyst), **Gregg Zaun**, hosted the Pitch In! dinner and silent auction. Forty participants gathered for an intimate event at Michaels on Simcoe featuring great food, entertainment, and answers to all the questions you can think of about baseball, including how Zaun really feels about co-host Dirk Hayhurst and Blue Jays Catcher JP Arencibia. A special thanks to all who attended, and to Mr. Zaun, whose commitment to raising funds and awareness for

Parkinson's are greatly appreciated, and whose candor always makes for an enjoyable event.

We have had a number of successful Third-Party Event fundraisers this year, including two events very different in nature—but both committed to the cause. Thanks to **Lynette Blum** for organizing 'Yoga for Parkinson's' for the second consecutive year. The event raised \$2,000 and achieved its goal of contributing funds, but also raising awareness about the role that yoga, and exercise, can play in the effective management of Parkinson's; something about which Lynette's father, Joachim, is acutely aware.

From relaxation to extreme endurance, 65 year-old Toronto resident **John Versteeg** engaged in an Ultra Marathon race. The six-day event, entitled Desert RATS for Race Across the Sand, covered 148 miles and spanned two states. Along the way, John raised an impressive \$3,500.

We are grateful for our event organizers who take time to associate their passions with raising awareness of Parkinson's and contributing funds to the cause.

Around the Region

In Our Community

Parkinson Society Central & Northern Ontario is proud to work with a number of support groups and chapters across our region, led by dedicated volunteers. From those who are newly diagnosed to those who have been dealing with PD for 20+ years; from south to Niagara, west to Guelph, east to Kingston, and north to Thunder Bay, there are friendly people who are on the same journey as you.

As the year draws to a close, it is to the volunteers across the region who have helped to keep these groups going—and growing—that we wish to say THANK YOU for all that you do for your community.

Below is a list, by location, of all the different chapters and support groups we currently have to offer. If your community is not on this list, and you are interested in helping to get a support group started in your area, our staff are willing to help support you and provide training for facilitators.

Alliston - South Simcoe	Huntsville - North Muskoka/East Parry Sound	St. Catherines - Niagara
Barrie Chapter	Kingston Chapter	Sudbury
Belleville-Quinte Chapter	Kirkland Lake/Swastika	Thunder Bay
Belleville-Quinte Early Onset	Manitoulin Island	Timmins
Bolton	Maple - Vaughan Support Group	Toronto - Carepartner
Bracebridge - South Muskoka	Markham Stouffville	Toronto - Downtown
Brampton	Midland - North Simcoe	Toronto - Leaside
Brighton	Milton	Toronto - Looking Ahead Together
Burlington	Mississauga	Toronto - Newly Diagnosed
Burlington Carepartner Group	Napanee	Toronto - North Toronto
Cobourg - Northumberland Chapter	Newmarket	Toronto - North York
Collingwood	North Bay	Toronto - PSP, MSA, CBD Carepartners
Etobicoke Chapter	Oakville	Toronto - Second Decade
Guelph	Orillia	West Parry Sound
Haliburton	Peterborough Young Onset	Whitby - Carepartners
Hamilton	Peterborough/Kawartha Lakes Chapter	Whitby - Durham Region Chapter
Hamilton/Halton Young Onset (Second Decade)	Sault Ste. Marie	
Hamilton/Kitchener Young Onset	Scarborough	



2013 National Volunteer Award for Healthpartners

Sam Nassar has been volunteering with Parkinson Society Central & Northern Ontario (PSCNO) since January 2012. In his time with us, he has become an invaluable resource. He is a 'Hope in Bloom' Tulip Captain at several locations in Toronto, he volunteers at SuperWalk, and he comes into the office regularly to help out with mailings and other things. Sam is also our primary speaker with Healthpartners.

Healthpartners is a partnership of 16 national health charities raising funds exclusively through workplace charitable-giving programs. They provide Canadians with the choice to direct their gifts towards improving the health of Canadians, through payroll deductions or cash donations. Donors can choose to direct their money to the health organization(s) of their choice.

This year, we nominated Sam for the National Volunteer Award, and he was selected as the winner. The award was presented at the HealthPartners' 25th Anniversary Celebration on October 3, 2013. In his role with Healthpartners, Sam goes out to National Government Offices and tells his personal story. He also talks about the benefits of being associated with PSCNO. The feedback we have received about Sam is very positive—there have been many tears shed as he discusses his brave struggle with PD. He is relied upon to take on last-minute talks, and the Provincial Coordinator of HealthPartners was personally involved in his nomination.

Parkinson Society Central & Northern Ontario is blessed to have volunteers like Sam Nassar working with us.



From Left to Right, Louise LeBlanc, PSCNO Coordinator of Volunteers, Cyndy Moffat Forsyth, Huntington Society of Canada (Chair of Healthpartners' Ontario Council), Sam Nassar, Kelly Grenier-Healthpartners Provincial Campaign Coordinator, Ontario, and Eileen Dooley, National Executive Director of Healthpartners

Our Mission

Parkinson Society Central & Northern Ontario works in partnership with Parkinson Society Canada and eight other regional partners across Canada to ease the burden and find a cure through support services, education, advocacy, and research.

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LiveWire is published three times annually: in the spring, summer, and fall. Expect our Spring edition in March, our Summer edition in August, and our Fall & Winter edition in November.

The **LiveWire** newsletter is published to provide helpful information to people affected by Parkinson's in Central & Northern Ontario. It is not meant to provide medical advice; readers should contact their doctors in all matters relating to health concerns and/or medication.

We welcome your feedback on current and past issues, as well as suggestions and submissions for future issues. If you have a story, a poem, or an article that you would like to submit for editorial consideration, please email the editor at livewire.editorial@parkinson.ca.

Next submission deadline is February 7, 2014.

LiveWire is offered in both hardcopy and electronic form. If you are reading this copy and would like to be added to our mailing list, or if you would prefer to receive the electronic edition, please contact livewire.subscriptions@parkinson.ca to be added to our email notification list or call 800-565-3000 ext. 3372.

Parkinson Cut-a-thon



Sunday April 13, 2014

Come celebrate our 25th anniversary.

For more information, contact Kimberley Murdoch, 416-227-3374 or kim.murdoch@parkinson.ca

Carepartners

Join in education and discussion sessions from your home computer or a community location with funding provided by J.P. Bickell Foundation. Contact Karen Boyer, Community Development Coordinator, North District: 705-645-9513, home office in Bracebridge; 800-565-3000 ext. 3317 or karen.boyer@parkinson.ca



Did you know?

LiveWire is offered in both print and electronic forms. If you would prefer to receive the electronic edition, please contact livewire.subscriptions@parkinson.ca to be added to our email notification list.

LiveWire

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