

LiveWire

ONTARIO



Summer 2017



 Parkinson Canada



I hope you are reading this issue of LiveWire while enjoying some rest and relaxation this summer!

Looking at the front cover, you will know that SuperWalk is just around the corner. Take a look at page 10 to find a walk location near you and pages 11/12 for a bilingual pledge form. I hope you will join us this September.

You will find some great articles on medication and research in this issue as well as a French article on exercise. Just to point you towards some other important information, please note the details on the Victory Summit (page 5) taking place in Toronto on October 14 and a reminder to send in your creative expressions for our 2018 Hope in Display Calendar if you haven't already done so (page 15).

Thank you for your continued support; we would be lost without it. I hope you enjoy this issue of LiveWire and find it helpful and informative!

Debbie

Who Are You Going to Call in Ontario?

www.parkinson.ca

800-565-3000

TORONTO: 416-227-9700 • OTTAWA: 613-722-9238

Debbie Davis,
VP, Mission, and Managing Director, Ontario
800-565-3000 ext. 3373
debbie.davis@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
800-565-3000 ext. 3375
sandie.jones@parkinson.ca

Robert TerSteege, Information and Referral Associate
800-565-3000 ext. 3372
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Angela Supino, Support Services Counsellor, Ottawa
800-565-3000 ext. 3423
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Shannon Harrison, Information and Referral Associate
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You would like more information about volunteer opportunities:

Elisabeth Schoep, Volunteer Services Coordinator
800-565-3000 ext. 3304
elisabeth.schoep@parkinson.ca

You would like more information about support groups, chapters, or events in your local community:

Naseem Jamal, Community Development Coordinator, Toronto
800-565-3000 ext. 3377
naseem.jamal@parkinson.ca

Diane Newman Reed, Community Development Coordinator, Eastern Ontario
800-565-3000 ext. 3315
diane.newmanreed@parkinson.ca

Karen Dowell, Community Development Coordinator, Western Ontario
800-565-3000 ext. 3376
karen.dowell@parkinson.ca

Paul Scibetta, Community Development Coordinator, Southwestern Ontario
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You would like more information about support groups, chapters, or events in your community (continued):

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Margaux Wolfe, Community Development Coordinator, Eastern Ontario / Coordonnatrice au développement communautaire, l'est de l'Ontario
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margaux.wolfe@parkinson.ca

You would like more information about Parkinson SuperWalk:

Amanda Stanton, Manager, Events and Partnerships
800-565-3000 ext. 3371
amanda.stanton@parkinson.ca

Melinda Good, Events & Partnerships Associate (Toronto Office)
800-565-3000 ext. 3374
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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
800-565-3000 ext. 3427
alan.muir@parkinson.ca

Sue Rosenblat, Manager, Major, Planned Giving and Foundations
800-565-3000 ext. 3386
sue.rosenblat@parkinson.ca

Ronen Tal, Manager, Direct Marketing
800-565-3000 ext. 3381
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Parkinson SuperWalk: Team Angel Mom

At Parkinson Canada, what we love most about Parkinson SuperWalk is its ability to connect people. Walk weekend brings together friends, families, and communities. Throughout the summer, we work together to change the course of Parkinson's in Canada and each September, we bring communities together from coast-to-coast-to-coast to show one another that we are not alone.

SuperWalk builds connections, including those between the research community and the walkers who support them. Many of our walks see a researcher funded by Parkinson Canada participate alongside those impacted by the disease. Some connections are more formal, like that of Sylvie Ethier and Team Angel Mom, who met Dr. Marc Ekker at his lab this spring.

Team Angel Mom won the National Team Challenge Draw in the 2016 SuperWalk campaign. As part of the prize, the team enjoyed a once-in-a-lifetime opportunity to meet Parkinson-Canada-funded researcher, Dr. Ekker at the University of Ottawa for a private tour of his research facility and a one-on-one explanation of his current research in the genetic mechanisms that control development, with a special emphasis on the development of dopaminergic and GABAergic populations of neurons in the forebrain.

Team captain, Sylvie Ethier, shared with us her thoughts:

I am a walker and team captain of the Angel Mom Team. I'd like to tell you about why the Parkinson SuperWalk is so important to me.

My mother, Jeanne d'Arc Brady, was born on March 13, 1944. She was a strong, caring, loving, and active mother of seven kids, grandmother of five, and a devoted and loving wife to her husband.

In 2001 at the age of 57, she was diagnosed with Parkinson's disease (PD). Her mobility started to slow down. As a teenager in high school at the time, the only way I was able to find information about PD was through researching online. I first noticed her symptoms in her hands shaking and her writing. The hardest part about being a caregiver at such a young age was to see my mother so fragile and so in need



From left to right: Robert Ethier, Dr Marc Ekker, Sylvie Ethier

of help. Unfortunately, my mom's battle with PD ended on June 10, 2007, at the age of 63.

I promised myself that I wouldn't miss the 2008 SuperWalk in Ottawa. I felt the need to carry my mom's battle forward through raising money for the cause. Along with a friend (Marie-Andree Vezina), I decided to put a team together to reflect my mom's spirit.

This year will mark my 10th year as a walker and captain of Team Angel Mom. Our team members have changed through the years but we've stayed together. So far, we have raised more than \$50,000 and I am so proud of everyone who has been part of this team.

Through the 10 years of doing the walk, I came to realize that it isn't just the money we raise. Of course, like I always say, every dollar helps. But it's also to bring awareness about PD. Talking to people who are caregivers, living with Parkinson's, doctors, and researchers (like Dr. Marc Ekker) is helping me learn more about PD, and why it is so important to participate in Parkinson SuperWalk.

Register today at www.superwalk.ca and celebrate your own impact. Start a team and encourage active fundraising. Our National Team Prize winner will once again have a private meeting with a Parkinson-Canada-funded researcher. Simply ensure that all team members over the age of 18 actively fundraise to qualify. For those who have already registered, thank you for your commitment, and good luck!

« Faire de l'exercice pour améliorer sa santé ... c'est à prendre ou à laisser! »

Voilà ce que proclame le Dr George Turnbull, homme visionnaire et en avance sur son temps. Professeur de physiologie à la Dalhousie University, il a consacré sa vie aux personnes atteintes de Parkinson et aux professionnels de la santé, y compris les physiothérapeutes et les thérapeutes en réadaptation. Il a fait des conférences dans le monde entier à propos de sa conviction sur l'importance d'intervenir rapidement dans tous les aspects liés à la gestion de la maladie, ce qui inclut les médicaments, l'orthophonie et la physiothérapie; il a toujours cru que les approches traditionnelles utilisées à l'époque (en 1990) étaient trop conservatrices.

Puisque la prise en charge hâtive de la maladie avec la prise de médicaments s'avère efficace et que les symptômes semblent être contrôlés aux premiers stades de la maladie, les patients se laissent souvent bercer par une sécurité illusoire et commencent leur programme d'exercices jusqu'à tard dans le processus, au moment où ils sont suffisamment handicapés ou avec la présence de facteurs qui compliquent tels une fracture de la hanche.



En 1990, les neurologues ne comprenaient pas l'importance de l'intervention précoce et de l'exercice, de sorte que ces éléments n'avaient jamais été inclus dans les discussions avec les patients. Le médecin n'en parle pas, donc ce n'est pas important, vrai ou faux?

Grâce à la recherche effectuée au cours des dix dernières années qui prouve les bienfaits de l'exercice et des autres possibilités d'activité physique pour les personnes atteintes de la maladie de Parkinson, le vent a complètement tourné! Aujourd'hui, de nombreux neurologues recommandent l'exercice à tous leurs patients, peu importe où vous êtes sur le continuum.

Cette recherche démontre que faire de l'exercice :

- améliore la posture, la force, l'équilibre, la capacité de marche,
- limite le déclin physique,
- réduit certains symptômes,
- réduit la progression de la maladie,
- pourrait modifier la maladie,
- protège votre cerveau contre la perte de cellules.

Il n'est JAMAIS trop tôt ou trop tard pour commencer à faire de l'exercice. On observe ses bienfaits à chaque stade de la maladie.

Les quatre étapes essentielles d'intervention sont :

1. La préadaptation,

a) à faire avant l'apparition du problème;

b) initiez-vous au programme, même si vous n'avez aucun problème de rigidité ou d'équilibre.

2. La réadaptation,

a) trouver la solution au problème,

b) réapprendre à vous asseoir et vous lever d'un fauteuil, à sortir du lit confortablement; améliorer votre posture et éviter le refroidissement des membres.

« Faire de l'exercice pour améliorer sa santé ... c'est à prendre ou à laisser! »

3. La préservation

- a) ne jamais perdre ce qui est acquis,
- b) trouvez une activité que vous aimez faire et pratiquez-la régulièrement dans le but de pouvoir accomplir demain ce que vous réussissez à faire aujourd'hui.

4. La prévention

- a) pour prévenir l'apparition de nouveaux problèmes,
- b) avoir le bon appareil d'assistance et apporter des modifications à votre domicile.

Maintenant, la question qui tue : « Quel type d'exercice dois-je faire? »

Votre programme d'exercices doit répondre au besoin lié au problème de mobilité qui vous nuit. Le programme général de la maladie de Parkinson inclut :

- des exercices mentaux : pour l'attention, le raisonnement et la synchronisation
- des exercices d'aérobic : pour tester l'endurance
- des exercices pour l'équilibre : pour améliorer la posture et la démarche
- des exercices de renforcement : pour privilégier l'endurance et la posture, et
- des exercices de flexibilité : pour effectuer des É-T-I-R-E-M-E-N-T-S.

La recherche montre des résultats passionnants en ce qui concerne les différents types d'exercices, y compris: la marche, la natation, le yoga, le Tai Chi, la danse, le Pilates et bien d'autres. L'important est de trouver une activité qui vous convient et que vous aimez faire et la pratiquer régulièrement.

Une chose est certaine quand il s'agit de faire de l'exercice : votre spécialiste peut clairement voir les différences entre les personnes vivant avec la maladie de Parkinson qui sont actives physiquement et celles qui sont sédentaires et qui ne font pas d'exercices. Vous le constaterez vous-mêmes!

À prendre ou À laisser, c'est votre choix !

Important : identifier, choisir et appliquer le traitement qui vous convient.

Publié dans la revue LiveWire (en 2014 et revu au printemps 2015). Cet article ne remplace pas les conseils individuels d'un médecin à son patient, il est destiné à titre d'information générale seulement. Pour obtenir plus de renseignements liés au diagnostic et au traitement, veuillez communiquer avec votre médecin.

The Victory Summit[®]

Educational Event

Comes to Toronto

Saturday October 14, 2017

What does it mean to live well with Parkinson's?

Join the Davis Phinney Foundation and Parkinson Canada for a day of information and inspiration at The Victory Summit[®] educational event in Toronto.

Featuring researchers, clinicians, and physical therapists in the field of movement disorders, The Victory Summit[®] event provides essential tools and resources that people with Parkinson's can use to live well today.

Thanks to our generous sponsors and local donors, this event is offered free of charge with a complimentary lunch served.

Register now!

dpf.org/vs-toronto

Contact Debbie Davis, 800-565-3000 ext. 3373 / debbie.davis@parkinson.ca or Naseem Jamal, 800-565-3000 ext. 3377 / naseem.jamal@parkinson.ca for more information.



Getting the Most from your Medication

Effective drug management offers the person with Parkinson's disease relief from many symptoms and provides the opportunity for a continued productive and fulfilling life. It will require collaboration with your neurologist to arrive at an optimum regime for you that allows you to function as normally as possible. Let's look at a few things you can do to make sure you are getting the most benefit from your medication.



Take your medication on time every time

As Parkinson's disease progresses, medication timing becomes more and more important. In the initial stages of Parkinson's disease, you have enough natural dopamine made by your neurons to compensate for the times when your medication levels are reduced (at the end or beginning of a dosing period). As the disease progresses, the benefit of each dose becomes progressively shorter and your symptoms will appear before it is time to take your next dose. This is called "wearing off." If you regularly take your medication on a fixed schedule, your wearing off symptoms become more predictable. A neurologist can use this pattern to better help you arrive at an individual routine for your unique needs. Ask your pharmacist about pill timers or try reminder apps on your smart phone to help you take your medication on time.

Take levodopa on an empty stomach

When starting levodopa, your specialist may suggest you take it with food to prevent nausea. This does not have to be a whole meal. After your doctor is satisfied that you have no problems with taking levodopa, then it is suggested to take levodopa on an empty stomach (one hour before or two hours after you eat). Be sure to take it with a full glass of water to aid in absorption. You may hear about protein interactions, but this is only an issue if someone cannot take meds on an empty stomach. The specialist may then suggest a protein redistribution diet.

Educate your health care professionals

Should you be hospitalized or move to a facility where medication is given to you by staff, you will need to educate them on the importance of getting your medication on the same schedule that you had at home. When your medication is on time, you will be better able to participate in your care and the health care team can use their time more effectively. If your medication is not on time, you may experience your symptoms more significantly and be at risk for falls or choking.

Make a chart for your movement disorder specialist

If you are having problems with wearing off symptoms, you can prepare a log for your neurologist a week or two before your visit. This information will be helpful for your neurologist as he/she tries to adjust your medication to improve symptom control. Visit our website to get a copy of our Patient Summary—a great way to be prepared for your appointment.

Be sure to include the following:

- the time when you take your medication and your symptoms
- the time when you feel improvement in your symptoms
- the time when you feel symptoms returning

Summary

Medications are most effective when taken on a regular schedule and with a lifestyle that includes exercise, a healthy diet, relaxation, and sufficient sleep. Get into the habit of taking your medication on time, every time!

By Shannon Harrison, BScN, RN, Information and Referral Associate, Ottawa office

WEBINARS, PODCASTS, AND EDUCATION 2017

EXPERT WEBINAR SERIES

Please pre-register for the webinars to reserve your spot: parkinson.ca/knowledge. All webinars begin at 12PM EST. *Registration opens a month prior to each webinar.*



PD and Driving, Beth Robertson, Occupational Therapist, McGill University Health Centre, **September 12**



PD Stress Management, Elaine Book, Social Worker, M.S.W., Pacific Parkinson's Research Centre, **November 14**

PODCASTS



Join Parkinson Canada expert, Sandie Jones, in a series of podcasts where she talks about various topics related to Parkinson's disease. These one-hour talks offer information, practical tips, and advice on how to live better with Parkinson's.

To submit questions in advance, send an email to education@parkinson.ca

Here's how to join and listen live:

CONNECTING VIA YOUR COMPUTER:

- Log into the call via the following link: <http://parkinson.adobeconnect.com/sandie/>
- Choose to enter as a guest.
- Turn on your speakers so you can hear—there will be no visual presentation.

CONNECTING VIA PHONE:

- Dial Toronto 416-915-8692 or toll free 866-850-3418
- Participant code: 9415905

Visit the Parkinson Canada Knowledge Network at www.parkinson.ca to replay any of the webinars or podcasts.

IN YOUR COMMUNITY

September 22, 1:00 p.m. to 4:00 p.m., Ottawa, *The Importance of Exercise for People Living with Parkinson's*. Dr. Becky Farley, creator and owner of the Parkinson Wellness Recovery (PWR!) program in Tuscon, Arizona. There will be time allocated to demonstrations and exercising. Dress comfortably. This event is free but registration is required as space is limited. Contact Ginette Trottier, 613-722-9238 / 800-565-3000 ext. 3422 / ginette.trottier@parkinson.ca to register.

September 27, 7:00 p.m., Thunder Bay, *Question & Answer Session with Sandie Jones*. 55 Plus Centre. Contact Marielle Henderson, 800-565-3000 ext. 3331 / marielle.henderson@parkinson.ca to register.

October 4, 9:00 a.m. to 3:30 p.m., Sudbury, *Life with Parkinson's Disease—Steps and Stages*. Steelworker's Hall. Contact Estelle Joliat, 800-565-3000 ext. 3317 / estelle.joliat@parkinson.ca to register.

October 14, 10 a.m. to 4 p.m., Toronto, *The Victory Summit*®. Congress Centre, 650 Dixon Road. See page 5 for details.

Le 20 Octobre, 9h à 15h, Ottawa, *L'aspect cognitif dans la maladie de Parkinson*. au Club de Golf Pine View, 1471 ch. Blair. Dr. Philippe Huot: Les hallucinations et les complications non-moteurs associées à la thérapie L-Dopa et l'effet de fin de dose. Dr. Jean-François Gagnon: Le sommeil et le trouble cognitif léger. Sonia Myre: Les troubles d'anxiété et astuces pour s'auto-gérer. Plus ateliers dynamiques et interactifs pour vous faire bouger. Coût : 40 \$ / personne. Lunch inclus, stationnement gratuit. Ginette Trottier, 613-722-9238 / 800-565-3000 poste 3422 / ginette.trottier@parkinson.ca

Contact the Community Development Coordinator listed with the event for more information or to register, or visit our event calendar at www.parkinson.ca

Silencing Defective Genes: A Possible Treatment Strategy

Parkinson Canada's National Research Program funds research into the cure, cause, improved treatment, and/or understanding of Parkinson's disease and related disorders including: Multiple System Atrophy (MSA), Progressive Supranuclear Palsy (PSP), and other Parkinson's conditions, and the impact these diseases have on society.



Dr. Austen Milnerwood, Assistant Professor, University of British Columbia
Pedaling for Parkinson's New Investigator Award: \$90,000 (two years)

Area of Research: Causes of Parkinson's

The physiology of LRRK2 and the pathophysiology of Parkinson's disease: LRRK2 silencing as a treatment strategy for PD.

In the last 15 years, researchers have made significant advances in identifying several genetic causes of familial Parkinson's disease. Genes are the blueprint for proteins, the biological machines that make our cells work. By understanding the function of the proteins that these genes make, and learning what goes wrong when mutations are present, investigators are beginning to unravel the processes that cause Parkinson's to develop.

Basic research into how brain cells communicate with each other is critical, says Austen Milnerwood, a translational neuroscientist at the University of British Columbia. Traditionally, treatment for Parkinson's has focused on alleviating the symptoms of Parkinson's. If Milnerwood and his colleagues can correct the changes different mutations induce in the brain, they hope eventually to reverse or prevent the onset of the disease.

"We look at the fundamental alterations to brain cell communication that are induced by the presence of these (genetic) mutations, and then try to correct them," Milnerwood says.

Working with cells cultured from genetic mouse models, Milnerwood studies how the proteins that contain mutations within them affect communication between one brain cell and the next. Mutations in LRRK2 (the most common cause of familial Parkinson's disease), for example, cause brain cells to become hyperactive, transmitting information too rapidly.

Eliminating the activity of the LRRK2 protein appears, so far, to improve communication among brain cells containing the mutation, by reversing the hyperactive transmission of information. Milnerwood and his colleagues have already administered these compounds to mice without any adverse effects. Now they're testing to see if the compounds are safe and beneficial to mice that have Parkinson's disease mutations.

Similar compounds are already being tested in human trials to reverse Huntington's disease. Milnerwood's long-term goal is to test whether these drugs will improve the dysfunctional behaviour of brain cells involved in Parkinson's disease.

"I believe Parkinson's is a whole brain disorder, and in order to stop the progression of this devastating disease, we have to understand what causes it, not just look at the consequences," Milnerwood says.

He's encouraged by the progress researchers around the world have made in just five years on understanding the biological processes involved in Parkinson's disease. Charting those processes will enable the intelligent design of therapies to stop the disease or protect the brain from its onslaught, Milnerwood says.

Editor's note: Dr. Milnerwood is now at McGill University.



Photo credit: John Parkhurst

Pedaling for Parkinson's

Pedaling for Parkinson's has rapidly grown into one of Parkinson Canada's largest fundraising events. Each year since 2011, the number of riders and fundraising totals have consistently grown. In 2016, Pedaling for Parkinson's crossed the 250 participant and \$200,000 threshold for the first time, funding two, two-year grants. This brought their support to eight researchers funded through the Parkinson Canada Research Program over the event's six years. On top of those collective accolades, co-organizer Peter Istvan was awarded the *Cash*,

Sweat & Tears Award from Peer-to-Peer Professional Forum Canada as the nation's top volunteer fundraiser.

To say it was a banner year for the grass roots event hosted in Parry Sound would be an understatement. And yet, the community of riders who come together once a year to enjoy a great ride, good company, and to share a collective interest in putting an end to Parkinson's continues to raise the bar. Over three days, from July 14 to 16, 288 riders took part, some logging more than 350 kilometres, and generating more than \$230,000 which will directly fund Parkinson's research.

To think that this event—Parkinson Canada's largest single-site annual fundraiser—started with two friends asking their networks to help them make a difference in 2011, and became one of Canada's best regarded fundraising rides, with registrants from all across Canada marking their calendars so that they won't miss out, speaks to the power of friends asking friends and the value of community.

This year's overall fundraising—which could approach a quarter of a million dollars by the time the campaign closes—brings the lifetime total for the event to nearly one million dollars raised from all sources. The expectation is that in 2018 Pedaling for Parkinson's will celebrate the distinction of being Parkinson Canada's first community fundraising event to top over \$1,000,000 in lifetime fundraising. That one million dollars in research has fueled some of the brightest young minds in Canadian Parkinson's disease research and may well lead to the next breakthrough.

Peter Istvan and David Newall began as community fundraisers with a big idea. Sometimes, that's all it takes to create a lifetime legacy that can change the course of Parkinson's in Canada. If you have a big idea of your own, log it with us at <http://donate.parkinson.ca/yourway>.

Spotlight on Success:

Parkinson Canada congratulates the following three members of Team Parkinson, acknowledged for raising more than \$10,000:

- Hosted on May 20 by Peter Cipriano of the GoldPark Group, the Woodbridge Gala raised more than \$58,000 in support of Parkinson Canada.
- Playing for Parkinson's in Innisfil raised more than \$15,000.
- Buoy up for Parkinson's in Port Dover raised more than \$10,000.

Find a 2017 Parkinson SuperWalk near you!

Saturday, September 9

Barrie: Heritage Park, Gazebo
Belleville: West Zwick's Park, Tom Gavey Pavilion
Bracebridge: Bracebridge Public School
Brockville: Brockville Yacht Club
Collingwood: Harbourview Park
Cornwall: Cornwall Civic Complex, Lamoureux Park
Guelph: Riverside Park, Large Pavilion
Huntsville: Canada Summit Centre
Kingston: Lake Ontario Park
Lanark-North Leeds: Conlon Farm Recreation Complex
Mississauga: Living Arts Centre
North Bay: Rotary Waterfront Pavilion
Oakville: RioCan Oakville Place
Ottawa: Ron Kolbus Lakeside Centre, Britannia Beach
Peterborough: Thomas A. Stewart School
Port Dover: Powell Park
Sudbury: Delki Dozzi Park
Thunder Bay: Intercity Shopping Centre
Toronto East: Ashbridges Bay Park

Other Dates

Alliston-South Simcoe	Location TBD	Date TBD
Almonte	Location TBD	Monday, September 25
Kemptville	Location TBD	Monday, September 18
Manitoulin Island/Mindemoya	Mindemoya Public Library	Thursday, September 21
Napanee	Community Health Centre	Wednesday, September 6
North Simcoe	Real Canadian Superstore	Thursday, September 22
Parry Sound	Belvedere Heights LTC	Date TBD
Sault Ste. Marie	Location TBD	Date TBD

Sunday, September 10

Brampton: South Fletcher's Sportsplex
Burlington: Burlington Seniors' Centre
Durham: Ajax Rotary Park
Embrun: Parc Yahoo Park
Haliburton: Head Lake Park, Band Shell
Hamilton: St. Peter's Hospital
London: Victoria Park
Markham: Crosby Memorial Community Centre
Newmarket/Aurora: Fairy Lake Park
Niagara Region: Grantham Lion's Club
Northumberland: C.R. Gummow Public School
Orillia: Rotary Place
Renfrew: Ma-Te-Way Activity Centre
Timmins: Timmins Regional Athletic & Soccer Complex
Toronto North: Earl Bales Park
Vaughan: Vaughan City Hall

For more information on how you can get involved or host a Parkinson SuperWalk in your community, please contact Amanda Stanton at 1-800-565-3000 ext. 3371 or amanda.stanton@parkinson.ca



granderandonneeparkinson.ca / superwalk.ca

FORMULAIRE DE COLLECTE DE FONDS PLEDGE FORM

Lieu de la randonnée / Walk location

Information sur le participant / Participant Information

Nom de famille / Last name		Prénom / First name		Téléphone / Phone	
Adresse / Address				Email	
Ville / City		Province		Code postal / Postal code	Nom de l'équipe / Team name (optionnel / optional)
Groupe d'âge / Age group				Sexe / Gender	
<div><input type="checkbox"/> moins de 18 Under 18</div> <div><input type="checkbox"/> 18-25</div> <div><input type="checkbox"/> 26-40</div> <div><input type="checkbox"/> 41-55</div> <div><input type="checkbox"/> 56-64</div> <div><input type="checkbox"/> 65+</div>					
Souffrez-vous de la maladie du Parkinson? Are you living with Parkinson's disease?				Depuis combien d'années vous êtes-vous inscrit pour la Grande Randonnée Parkinson ? How many years have you registered for SuperWalk?	
<div>Oui / Yes <input type="checkbox"/></div> <div>Non / No <input type="checkbox"/></div> <div>Préfère ne pas répondre Prefer not to respond <input type="checkbox"/></div>					

Inscrivez-vous en ligne à granderandonneeparkinson.ca / Register online at superwalk.ca
Ou par téléphone à / or by phone at **1 (800) 565-3000**

Renonciation / Waiver

J'accepte de participer à la Grande Randonnée Parkinson (GRP) de mon propre chef et je le fais à mes propres risques. 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 à 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 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 Parkinson Canada de quelque manière que ce soit, incluant les publications, les émissions (télévision ou radio) ou par 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 / of Participant

Signature du tuteur / of guardian

(Si le participant a moins de 18 ans / If the participant is under 18)

Déclaration de confidentialité / Privacy statement

Énoncé de confidentialité Parkinson Canada collige 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 communiquer avec nous:

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:

par / by email: donating@parkinson.ca
par téléphone / by phone: **1 (800) 565-3000**

Nos commanditaires / Our sponsors



Enregistrement caritatif / Charitable registration
#10809 1786 RR0001
parkinson.ca



granderandonneeparkinson.ca / superwalk.ca

FORMULAIRE DE COLLECTE DE FONDS PLEDGE FORM

Envoyer à / Mail to
Parkinson Canada
316 – 4211 rue Yonge / Yonge street
Toronto, Ontario, M2P 2A9
ATTN: Parkinson SuperWalk

Lieu de la randonnée / Walk location

Participant

Veuillez écrire clairement / Please print clearly

Nom complet / Full name	Téléphone / Phone	Email
Adresse / Address		Engagement / Amount <input type="text"/> Comptant / Cash \$ <input type="text"/> Chèque

Nom complet / Full name	Téléphone / Phone	Email
Adresse / Address		Engagement / Amount <input type="text"/> Comptant / Cash \$ <input type="text"/> Chèque

Nom complet / Full name	Téléphone / Phone	Email
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Nom complet / Full name	Téléphone / Phone	Email
Adresse / Address		Engagement / Amount <input type="text"/> Comptant / Cash \$ <input type="text"/> Chèque

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

Everyday
HEROES
Extraordinary
HOPE

Ces
HÉROS
Qui Nous
INSPIRENT

Nos commanditaires / Our sponsors



Total collecté / collected
(Cette / This page)

Total collecté / collected
(Toutes les / All pages)

Page de / of pages

NEW Walker Recognition Program

Parkinson SuperWalk merchandise is offered as part of our Walker Recognition Program as another way to say THANK YOU for your support. All individual fundraisers who achieve the levels indicated below will qualify for their choice of one item. For more information, and to view all the choices, please visit superwalk.ca.

Raise \$50+



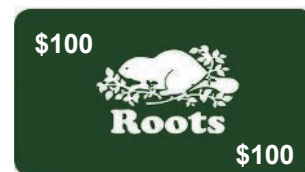
Raise \$250+



Raise \$500+



Raise \$1000+



Raise \$2500+



Raise \$5000+



COMMUNITY EVENT CALENDAR

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

August 12

Life Lists Challenge, **Niagara Region**

Live a dream in support of Parkinson Canada. This year's challenge: cross skydiving off of your life list.

www.lifelistschallenge.ca Parkinson Canada Hosted Event

August 20

Devil's Progress Paved with Good Intentions Ride, **Brampton**

Motorcycle ride and rally in support of Parkinson Canada. <http://donate.parkinson.ca/goto/dpmc>

Community Fundraising Event

September 9 and 10 Parkinson SuperWalk, **more than 40 locations in Ontario, including one near you**

The only nationwide fundraising event to benefit Canadians living with Parkinson's.

www.parkinsonsuperwalk.ca Parkinson Canada Hosted event

September 16

60K Bike Ride for a 60th Birthday, **Ottawa**

Anne Rounding in memory of her father. <http://donate.parkinson.ca/goto/anнерounding>

Community Fundraising Event

September 27

Golf for Parkinson's at Mad River Golf Club, **Creemore**

Golf tournament supporting Parkinson Canada. \$175 per player, plus donation.

Community Fundraising Event

November 12

Porridge for Parkinson's, **Toronto**

A breakfast tasting featuring some of Toronto's most recognized chefs. \$150 per ticket.

www.porridgeforparkinsons.ca Community Fundraising Event



The Porridge for Parkinson's committee is pleased to announce that its next breakfast will be held on Sunday, November 12, 2017, at the Vaughan Estate in Toronto.

The first Porridge for Parkinson's breakfast in Toronto was held in the fall of 2007 and has now become a biennial event. Porridge for Parkinson's is

an elegant morning that features a breakfast prepared and served by Toronto's celebrity chefs, a breakfast-themed silent auction, and special guests from media and medicine. More than \$500,000 in net proceeds has been raised to date, with a very strong volunteer contribution. All proceeds benefit research programs awarded through the Parkinson Canada Research Program.

Last year's recipients include Dr. Jonathan Brotchie, who was awarded a one-year Porridge for Parkinson's pilot project grant. Dr. Brotchie, a senior scientist at the Krembil Institute at Toronto Western Hospital, is examining the role of the drug chloroquine, used as an anti-malarial, in slowing down the development of Parkinson's disease. Decades later, this drug is now a generic medication, which means that there is little incentive for drug companies that would prefer to develop new compounds under patent protection. Dr. Brotchie's project offers an opportunity to evaluate chloroquine as a drug that can treat malaria now, while serving as proof of principle for creating therapies for other diseases such as Parkinson's.

Tickets for this one-of-a-kind breakfast tasting sell for \$150 and can be purchased by calling 800-565-3000 ext. 3374 or at porridgeforparkinsons.ca

Barrie Chapter President Liz Maguire is Presented with the Marilyn Forbes Award

The Marilyn Forbes award is presented in Marilyn's name to a volunteer nominated by his or her peers, who exemplifies Marilyn's dedication to her chapter, her support of people living with Parkinson's, and the work of Parkinson Canada.

Liz Maguire has been involved with Parkinson Canada, formerly Parkinson Society Central & Northern Ontario, since the late 1990s. In her role as chapter president, Liz consistently demonstrates a commitment to people living with Parkinson's disease by organizing speakers, education events, and exercise classes for support group members. Liz makes a great effort to personally connect with all new members and goes above and beyond to ensure members are set up with the appropriate community programs, information, and personal support to best manage their Parkinson's disease. In addition to taking a lead volunteer role for SuperWalk and the Hope in Bloom campaign, Liz actively recruits volunteers from the community to help raise awareness and support for individual's living with Parkinson's disease.



Liz Maguire with Anne McNamara,
Parkinson Canada

Here is what Liz had to say about her involvement with Parkinson Canada:

It is an honor for me to be recognized with the Marilyn Forbes award for my volunteer work with the Parkinson support group in Barrie. Volunteering allows me to share my time with the group and hopefully help both those with Parkinson's and their caregivers.

I did not earn this award by myself. When I began thinking about it, I realized I would not be standing here today if my husband Stan had not had Parkinson's. He was the group leader and when his Parkinson's was severe, I stepped in to help him and I'm still here today.

There are many who have supported me along the way and they deserve a big thank you. The ladies that do the phone calls, the volunteers who have helped with SuperWalk, those who have kept the books balanced, and friends and family, the VON and the SMART program, and the Community Development Leaders.

Liz, we thank you for all you do.

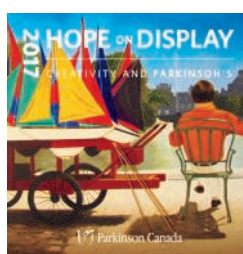
HELP NEAR YOU

For more information about support groups in or near your local community, visit www.parkinson.ca, call toll-free 800-565-3000, or email info@parkinson.ca

For volunteer opportunities in your community, please contact Elisabeth Schoep, Volunteer Services Coordinator, 800-565-3000 ext. 3304 or elisabeth.schoep@parkinson.ca

Advocacy and the Ambassador Program in Ontario

If you would like to know more about the ambassador program or would like more information on Parkinson Canada's advocacy work, please contact the advocacy team at advocacy@parkinson.ca or 800-565-3000 ext. 3343.



Showcase Your Creativity

The Hope on Display Calendar provides an opportunity to showcase your creativity through artistic expression. Parkinson Canada invites individuals living with Parkinson's in Canada to feature their art in our 2018 Hope on Display Calendar, inspiring hope for others. If you are an artist of any kind (painter, photographer, jewelry maker, quilter, woodworker, sculptor, etc.), and you would like to be considered for the 2018 Hope on Display Calendar, please send an email to Diane at diane.newmanreed@parkinson.ca before August 11, 2017. Tell us about yourself and include a high-resolution image of your creation.

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.



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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. If you would like to be added to our mailing list, either by regular mail or email (please specify), contact Diane Newman Reed at 800-565-3000 ext. 3315 or email diane.newmanreed@parkinson.ca.

What We Do in Ontario

Research

The Parkinson Canada Research Program has invested more than \$26 million in 503 grants and awards since 1981 and funds innovative and novel research projects each year.

Advocacy

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

Support

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 more than 50 support group and chapter meetings.

LiveWire

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Toronto, ON M2P 2A9

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