



Fall & Winter
2014

LiveWire

PARKINSON SOCIETY CENTRAL & NORTHERN ONTARIO



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Parkinson SuperWalk 2014 Raises More than **One Million Dollars** in Central & Northern Ontario, Setting a New Record!

Parkinson Society Central & Northern Ontario (PSCNO) recently held 33 Parkinson SuperWalk events throughout our region and raised more than one million dollars. With the support of walkers, volunteers, and donors, PSCNO became the first region in Canada to exceed one million dollars in this annual fundraiser. Everyday heroes throughout the region showed their dedication to the cause this September, setting a record with the numbers of walkers, walk locations, and funds raised.



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

There is so much to share with you that I know you will enjoy this issue of LiveWire!



As we near the end of the year, I want to thank all of you for your continued support—without great volunteers, event supporters, and donors, we would not be able to spread the word about our work as the first stop for Ontarians seeking information about Parkinson's disease. We have included our 2013 Community Impact Report with this issue of LiveWire to show what we have been able to accomplish through your support—so thank you!

So many great things have been happening and I hope you have all been able to be take part: Parkinson Super-Walk 2014 has been our biggest ever as we raised over \$1M in our region alone (page 4); our Regional Conference (page 8) featured great speakers, a dance, and an opportunity to socialize; and we have once again been able to highlight the creativity of people living with Parkinson's through the publication of our 2015 Hope on Display calendar.

As always, we welcome suggestions on how we can serve you better; please feel free to contact me at debbie.davis@parkinson.ca. Thanks from all of the staff at Parkinson Society Central & Northern Ontario for a great year and enjoy reading the last issue of LiveWire for 2014.

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. We also provide support to facilitators and participants of more than 50 support groups and chapters throughout the region.

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!**

Who We Are

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Parkinson Society Central & Northern Ontario

Société Parkinson du Centre et du Nord de l'Ontario

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Everyday Heroes



Today We Celebrate Together!

Our one-million-dollar fundraising effort is part of a larger movement across the country that will achieve a collective three-million-dollar goal. Funds raised through Parkinson SuperWalk 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, through support services, education, advocacy, and research. Fundraising success on this level shows the commitment of those in our region to our shared vision, and goes a long way in the fight against Parkinson's. Thank you!



Parkinson SuperWalk 2014

WALK	TOP WALKER	TOP TEAM	WALK TOTAL
Alliston	Robert Nicholls	Joe's Family	\$2,435
Barrie	Althea Buitendag	Marie's Marchers	\$24,074
Belleville	Robert Ritzer	Ken's Team	\$27,779
Bracebridge	Janice Dunlop	Johnny's Angels	\$34,597
Brampton	Lorne Collis	Shakes Daly	\$21,153
Burlington	Maureen Thun	Mo's Angels	\$89,692
Collingwood	Joanne Calvert	Team Desnoyers	\$2,395
Durham	Vanessa Vasquez	Team Bacchus	\$79,633
Guelph	Mary Joy	Team Quentin	\$26,237
Haliburton	Gail Leach-Wunker	Sisson Sisters	\$4,941
Hamilton	Betty McRae	Betty's Bunch	\$23,341
Huntsville	Pauline Diamond	Ken's Hens	\$4,825
Kenora	John Murray	—	\$1,020
Kingston	Lidia Binnie	The Walking Runnings	\$31,126
Kirkland Lake	Dianne Merrell	K.L. Support Group	\$4,376
Manitoulin	Cliff Tann	—	\$1,900
Markham	Michael Zegers	Team Zegers	\$23,440
Mississauga	Jim Wilkinson	Mississauga Warriors	\$55,151
Newmarket	John Gutteridge	Irish	\$31,189
Niagara	Beverly Vanderende	Team Pops Symonds	\$33,283
North Bay	Denise Lepard	—	\$1,605
North Simcoe	Penny McDowell	—	\$8,576
Northumberland	Bill Andrus	The Northumberlands	\$41,642
Oakville	Earla Fitzjohn	Dukes of Earl	\$14,937
Orillia	Connie Bagley	Team Bagley	\$3,515
Parry Sound	Teri Sault	—	\$1,155
Peterborough	Vivian Heinmiller	Peterborough Movers & Shakers	\$43,938
Sault Ste Marie	Theresa Carol Waroshelo	—	\$2,967
Sudbury	Irene Massicotte	Franny's Feet	\$22,079
Thunder Bay	Dan Balacko	Team Torontow: the Mini-Mike's	\$12,756
Timmins	Sharon Montreuil	Flo Lambert and Family	\$7,529
Toronto	Margot Greenberg	Team Bearg	\$318,510
Vaughan	John Scaini	Team Cookie	\$44,685
GRAND TOTAL			\$1,046,481

Parkinson SuperWalk 2014



Parkinson SuperWalk Long Term Care Challenge



We are proud to announce that the winner of this year's challenge is **the community of Lookout Ridge in Fonthill**. This is the **second consecutive win for Lookout Ridge!** Nearly \$1,600 was collected from the fundraiser, which was contributed to the Niagara SuperWalk.

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

- Chartwell Colonial Retirement Residence, Whitby
- Helen Henderson Care Centre Lodge, Amherstview
- The Village Of Humber Heights, Toronto
- Rideaucrest Home, Kingston
- Bay Haven Seniors Care Community, Collingwood
- Collingwood Nursing Home, Collingwood
- Re kai Centre At Sherbourne Place, Toronto
- Greenway Retirement Village, Brampton
- Raglan Village, Collingwood

We are always looking to expand our horizons and include additional walk sites to 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

Thank You Toronto SuperWalk Sponsors!

GOLD



SILVER



Brookfield Financial



BRONZE



Thank you to



for providing free sandwiches at 11 SuperWalk locations!

The Nurse's Desk

When Your “Get-Up-and-Go” Leaves You Behind

Sandie Jones, RN

One of the most common complaints from spouses of people living with Parkinson's sounds something like, “If he/she doesn't get up off the couch and do something instead of sitting all day watching TV, I'm going to scream.” Carepartners may start to see the person living with Parkinson's as lazy, disinterested, and unwilling to help themselves out by doing their exercise and speech therapy without being constantly reminded. This in turn is construed as nagging by the person living with Parkinson's. This type of stress often puts significant strain on a relationship. Sound familiar?

Well, in defense of individuals living with Parkinson's, they may be experiencing something called APATHY (or sometimes ‘amotivational syndrome’) that may occur at any time—even early in the disease process, before the motor symptoms show up. Apathy occurs in approximately 50% of people living with Parkinson's, and yet remains one of the most misunderstood symptoms.

The symptoms of apathy include the following:

- reduced interest in people and activities
- reduced spontaneous interactions with others
- lack of motivation (not starting things on their own)
- inability to express emotions
- changes in mood and thinking
- loss of motivation to pursue old activities they used to enjoy, such as hobbies
- not speaking for long periods of time

People may mistake apathy for depression or anxiety. It is important to understand that apathy is seen as a separate symptom. These symptoms may happen separately or at the same time. While we do have effective treatment options for depression and anxiety now, research is still under way for apathy. This makes it important to have your doctor help sort out which symptom(s) your loved one has, so that options can be tried.

Fatigue is another common symptom of PD. Like apathy, fatigue symptoms include low energy, low motivation, and lack of interest in activities. Unlike apathy, fatigue often relates to medication management of the physical issues, symptoms like stiffness or dyskinesia, which can be exhausting. In other words, if the symptoms of low energy, lack of interest in activities, and low motivation are not resolved with improved medication management, they may be symptoms of apathy.

As if that is not enough, lack of facial expression and soft voice—two very common symptoms of PD—can lead to erroneous assumptions on the part of others that the person with PD is apathetic, depressed, or even rude and disinterested: all of which can lead to the person living with Parkinson's being left out and isolated.

So what can you do? Start talking to your doctor as soon as symptoms of apathy appear, as it is important to discuss potential causes in order to assess what is going on:

- Screen for depression—investigate the causes and treatment of depression.
- Investigate possible causes of fatigue and discuss treatment.
- Ensure your antiparkinson medication is providing the best possible physical symptom relief.

Things that you can do for yourself would include the following:

- Get involved with an exercise group to enhance energy levels, as well as social interaction. You may not always feel like going, but it is important to push yourself, as the end result will be beneficial.
- Participate in a support group. It is comforting to know that you aren't the only person dealing with apathy!

Carepartners will hopefully now have a better understanding that their loved one's apathy results from physiological changes in the brain; specifically disruption in brain pathways as well as decreased levels of dopamine. It is not the case that your loved one is lazy and doesn't care about doing those speech and physical therapy exercises at home. Rather, he or she simply doesn't think to do them, even when a simple reminder brings the need to do something to mind. Demanding, arguing, begging, wheedling, or haranguing is likely to produce a minimal effort at best.

The situation calls for flexibility, ingenuity, and PATIENCE! When apathy is truly the reason your loved one struggles with meeting the demands of the day, it may become necessary to be gently directive, but not overly reactive. Don't let your frustration get the better of you and start doing things for your loved one, as doing things for him or her will only build up a sense of helplessness on their part.

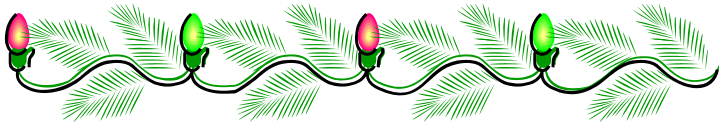
Tips include the following:

- Negotiate a schedule for regular daily activities.
- Mutually establish a list of household chores the person living with Parkinson's can reasonably manage.
- Make it clear that diminished motivation is *not* the same as diminished responsibility.
- Get timers, post reminders, and cue with clear statements, e.g., “The trash needs to go out.”
- If the negotiated activity is not done, it is reasonable to hold the person accountable and make it clear it is his or her own responsibility.

Apathy presents challenges to everyone in the family. While it can be a potential source of stress, it is also an opportunity to enrich relationships and build stronger bonds.

Information and Referral

Surviving the Holiday Season



Robert TerSteege, CIRS

It seems that as summer ends, plastic Santas begin to sneak into stores in between cardboard turkeys and Hallowe'en masks. While many people look forward to all manner of holiday traditions throughout fall and winter, for others it is a source of stress for many reasons.

Even prior to my time as a caregiver, as well as before being diagnosed with a disability, my avoidance of all things festive was legendary. When I was a caregiver, there was an additional self-imposed pressure to make things perfect. Similar to Parkinson's disease (PD), my issues with chronic pain are worsened with stress, requiring some extra planning for travel arrangements since I can't sit comfortably; ensuring I take breaks from all the action; and not planning multiple events in a row, knowing that I may have to pay with a full day to recoup in between.

The key to coping with the holiday season, or any special occasion in general, is recognizing our limitations physically, emotionally, and financially. With competing demands for our attention, the wanting to maintain traditions, and possibly less ability to deal with the extra work that a picture-perfect moment takes, the holidays can leave us feeling frustrated and worn out by the time it is all over.

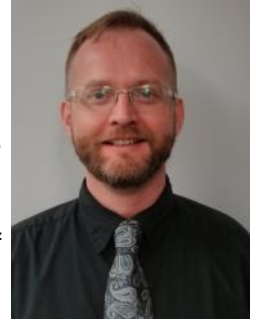
Whether you are participating in religious observances, or a secular season, there is a common theme of spending time with loved ones; ending one year with gratitude for what we have and starting a new year with renewed hope. It can be easy with the consumerization that is everywhere to lose focus of what is truly important.

The number one stressor for many people at this time of year is financial. Whether for presents, food, or transportation, there are extra costs. It is tempting to stick it all on credit and worry about it later, but that just delays the stress. Set a budget and stick to it!

Consider new options rather than traditions that may be burdensome. For those who traditionally host a meal, go pot-luck rather than cooking. Ask if someone else in the family can host. On the flip side, if you normally have to drive, is it easier if you host? Is it easier to spend time with other friends or family? Technology also is a great tool; Skype, for example, can be an excellent back-up in case you can't travel and want to see folks.

You may not want to discuss how you are coping on a day-

to-day basis, and are worried you may find yourself cornered by a well-meaning loved one at some point. For the most part, people do generally want to help, but are uncertain of what they can do. Make it a resolution to be honest to both yourself and your loved one, whether you are the person living with PD or carepartner.



None of us can do all things by ourselves, and sometimes we might appreciate a thoughtful gesture more than an unneeded present. Keep a list of things that may be helpful to your situation, so that if someone asks "is there anything I can do," you have something to suggest. The response of "well, as a matter of fact..." can often be a chance to have people 'put up or shut up,' either of which can be a relief to you!

Some favourite gifts that I have heard about others receiving are gifts of time: taking the car in for spring/winter maintenance; a drive to a special event; getting your loved one out for a chance to attend church/temple/mosque or even some 'alone time.' Practical wish-list treats might include maid service certificates, even for a one-time 'spring clean'; pre-arranged snow shovelling/lawn-care services; drives to specialist appointments (which are often known in advance); or a prepared dinner.

Remember to maintain needed parts of your schedule, including meds and breaks—it can be easy to forget pills during any special occasion. Plan breaks, whether you are staying at someone else's home or if you are having company. Asking your host ahead of time for a quiet space for a quick nap, or letting guests know that you need to slip away for a bit, is practicing good self-care and ensuring that you have the means to enjoy yourself better.

Finally, for some people, special occasions may not be a time of joy but a time of hard emotions. You may be grieving losses in your life, or you may be dealing with depression or anxiety. When it seems the whole world around you is happy, you may be struggling to understand why you just can't get into 'the spirit.' Don't force yourself to feel or act a certain way in order to make others more comfortable. It's okay to thank someone for an invite, and say "not this year"; it's okay to need to slip away for a cry; and it's okay to say "I'm not feeling okay!" What's not okay is to stay in a place of hurting for a long time; it takes strength to ask for help, but help is out there if you ask.

Take care of yourself, and I wish you a Happy New Year!

Dinner, Dance, and Conference

Those who attended the regional education dinner, dance, and conference on Friday October 24 and Saturday October 25, at the Westin Bristol Place in Toronto, were treated to several interesting and relevant speakers, an opportunity to mingle and catch up with friends—both new and old, and of course, lots of dining and dancing!



Around the Region

New Leaves of Absence Come Into Force

On October 29, Bill 21, the Employment Standards Amendment Act (Leaves to Help Families), 2014, comes into effect. The bill amends the current employment standards act to allow up to eight weeks of unpaid, job-protected leave for employees to provide care, or support, to a family member with a serious medical condition.

GOT HAIR?



SAVE THE DATE
Parkinson Cut-a-Thon
Sunday, April 26, 2015
www.cutathon.ca

For more information or to host a
Cut-a-Thon in your area, please call
800-565-3000 ext. 3374.

JOICO
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Team Parkinson Welcomes Light of Day Canada

Parkinson Society Central & Northern Ontario (PSCNO) reserves the Team Parkinson designation for our highest performing Community Fundraising Events. These events, in addition to raising public awareness in their communities, have made a financial contribution of more than \$10,000 in a single year to our mission.

The most recent member is Light of Day Canada, whose fundraising contributions for 2014 have exceeded \$13,000.

Light of Day Canada has been supporting PSCNO since it began in 2007 as an offshoot of the American concert series bearing the same name and now operates as an independent charity. Through a series of concerts held annually throughout our Region (with the biggest show in Niagara Falls), Light of Day raises funds in support of Parkinson Society Central & Northern Ontario and the Light of Day Foundation founded by Bob Benjamin; both with a goal of supporting people living with Parkinson's and searching for a cure.

Light of Day joins Pedaling for Parkinson's, Porridge for Parkinson's, Fondazione San Gerardo Maiella, Silver Lakes Golf Tournament, Jazz at the Farm, Parkinson's Golf Classic (Stan Faye Memorial Golf Tournament), Dollars for Dingers, Kili Conquerors for Parkinson's, and Jim Vlahos' 2500th Athens Classic Marathon as members of the fundraising circle since it was created in 2010. This year, PSCNO again welcomed Yoga for Parkinson's, hosted by Lynette Blum, and a number of other community events all of which make an impact on our ability to serve people impacted by Parkinson's in our region.

Parkinson Society Central & Northern Ontario is grateful for the support of all community events undertaken on its behalf. To learn more about how to get involved, including our new online fundraising tools, contact Jon Collins at 800-565-3000 ext. 3370 or jon.collins@parkinson.ca

Join the Partners for Parkinson's Monthly Giving Club

Please consider joining **Partners for Parkinson's**, our monthly giving club. Monthly gifts provide a stable funding base for Parkinson Society Central & Northern Ontario and lower our administration costs. This allows us to direct more money to our vital services throughout our region.

For more information, contact Naseem Jamal at 416-227-3378/800-565-3000 ext. 3378 or naseem.jamal@parkinson.ca

*Save
the Date!*

Porridge
for **PARKINSON'S**

Sunday November 1, 2015

Visit www.porridgeforparkinsons.ca for updates.

Parkinson News

Ontario Government Moves to Identify Gaps in Parkinson's Disease

After four years and a \$15 million investment, we are pleased to announce the completion of the National Population Health Study of Neurological Conditions. The study, led by the Public Health Agency of Canada in partnership with Neurological Health Charities Canada (NHCC), investigated the scope of 14 neurological conditions, including Parkinson's, and its impact on Canadians. For the first time ever in Canada, we have access to high-quality and up-to-date data on Parkinson's disease. As an active and leading member of NHCC, we are excited to be able to share key findings with our community and outline what it means for Ontarians affected by Parkinson's.

"This study gives us our first evidence-based overview of Parkinson's disease and its impact, as well as clear indication of the gaps in care, data, and research. We will need to address these gaps in order to improve the quality of life for people living with Parkinson's," said Joyce Gordon, President & CEO of Parkinson Society Canada and Chair and founding member of NHCC. "We are incredibly proud of the contributions made by Canadians living with Parkinson's disease and the role Parkinson Society Canada played in this outstanding achievement."

The results from the study also led to Parkinson's disease being added to the Canadian Chronic Disease Surveillance System (CCDSS). Parkinson's will now be monitored regularly through federal, provincial, and territorial governments. Having Parkinson's included in the CCDSS is a huge step forward for our community, as the findings will be used by governments and organizations, including the Government of Ontario, to inform programs, develop policies and identify gaps in support and treatment for people living with Parkinson's.

"I cannot overstate how important the results from the National Population Health Study are to our cause," said Debbie Davis, CEO of Parkinson Society Central & Northern Ontario. "Parkinson's being added to the CCDSS means that our mission is being seriously considered at both a provincial and federal level. This will help us in gaining valuable support in helping people living with Parkinson's throughout Ontario."

To learn more, or to read the full report, please visit www.parkinsoncno.ca

Key Findings of the Study Regarding Parkinson's Disease

- The number of Canadians over 40 living with Parkinson's disease will increase by 65 per cent, from 99,000 in 2016 to 163,700 by 2031.
- The number of Canadians over 65 living with Parkinson's disease will more than double to 148,800 by 2031.
- Parkinson's has the third highest level of direct health care costs, after Alzheimer's disease and other dementias and epilepsy.
- People living with Parkinson's disease have the highest use of prescription medication.
- Annual, out-of-pocket expenses for each person with Parkinson's is \$1,100 on average.
- The level of stress doubles when caring for an individual living with neurological conditions and is greater if the neurological condition is accompanied by cognitive impairment or behavioural issues, which affects many people with Parkinson's.
- Forty per cent of respondents with Parkinson's disease experience thinking and problem-solving limitations and 50 per cent experience memory limitations.
- More than half of those who reported having Parkinson's disease have fair or poor general health.
- The number of days in residential care is highest for those with Huntington's, Alzheimer's and other dementia, cerebral palsy, and Parkinson's disease.

Become a member of the James Parkinson Heritage Circle

Gift planning, simply put, is the act of planning a gift to Parkinson Society Central & Northern Ontario. Here are ways to make a difference through a bequest in your will or a gift of life insurance policy:

- invest in PSCNO's greatest need
- contribute to a specific programme
- donate to research and help find a cure
- commemorate a life

All of the above are ways of making sure your gift of support today and hope for tomorrow is easy. For more information, contact Naseem Jamal at 416-227-3378/800-565-3000 ext. 3378 or naseem.jamal@parkinson.ca

Scientists Seek a Greater Understanding of Parkinson's Disease

Parkinson Society Canada (PSC) and its regional partners have great expectations for the 29 new grant, fellowship, and student awards funded to advance our knowledge of Parkinson's, a complex disease.

One of the most promising of this year's recipients is Jean-François Trempe, assistant professor at McGill University, who received a New Investigator Award.

Trempe, whose great-uncle had Parkinson's, wants to solve the puzzle of Parkinson's through basic understanding about the way the disease works. He is studying the structure and shape of PINK1, a protein that plays a critical role in familial Parkinson's disease. Learning the shape of this protein could eventually help researchers develop a drug to repair the protein when it is damaged, to help it do its intended job of keeping brain cells healthy.

"Medical history tells us that whenever we get the structure of a molecule, it gives us so many ideas on how to fix it," says Trempe. "There is a saying that a

picture is worth a thousand words—a structure is worth a thousand experiments."

Parkinson Society Canada (PSC) is the only health charity that specifically funds Parkinson's research in Canada; funding research that investigates most aspects of the disease, including causes, complications, cognitive impairment, biomarkers, neuroprotection, and quality of life.

Funding for this cycle totals \$1,645,332 to support new Parkinson's research projects in Canada over the next two years. Parkinson Society Canada's National Research Program is currently committed to investing a total of \$2,015,332, including 11 research awards now in their second year. The National Research Fund has now funded more than 450 research awards, totaling more than \$24 million since 1981.

The 2014 to 2016 research awards include the following:

- ten pilot project grants
- two psychosocial pilot project grants
- three new investigator awards
- four basic research fellowships
- two clinical movement disorders fellowships
- six graduate student awards
- one psychosocial doctoral award
- one psychosocial research grant

A detailed list of the researchers, project titles, affiliations, and funding amounts can be found at www.parkinson.ca

Online Carepartner Support Group Available

Do you find it impossible to find time to attend a carepartner support group? Would you attend a carepartner support group if there was one in your area? If you answered yes to either of these questions, we have a solution for you.

Parkinson Society Central & Northern Ontario (PSCNO) now has a Psychotherapist, the primary Carepartner for his wife until she died many years ago, who is available to facilitate an online support group. If you have access to a computer and the internet, and are interested in getting more information about this group, please contact Louise LeBlanc at 416 227-1200 ext. 3304 or louise.leblanc@parkinson.ca

Why give a Gift of Securities or Mutual Funds?

If you own publicly traded securities or mutual funds, you may want to consider donating the securities or mutual funds directly to Parkinson Society Central & Northern Ontario. You can donate these without incurring capital gains tax. This option may provide a greater benefit to you than making a cash donation.

- When you make a gift of securities, you not only benefit from the tax credit, but you also avoid paying tax on the capital gains accumulated on the securities.
- In order to take advantage of the capital gains tax reduction, you need to donate the securities directly to the charitable organization rather than selling the securities and donating the cash proceeds of the sale.

For more information, contact Naseem Jamal at 416-227-3378/800-565-3000 ext. 3378 or naseem.jamal@parkinson.ca

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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Charitable No: 10809 1786 RR0001**

LiveWire is published three times annually: in the spring, the summer, and the fall. Expect our spring edition in March, our summer edition in August, and our fall and 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 6, 2015.

LiveWire is offered in both hard copy 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. 3474.

WOULD YOU LIKE TO HELP EASE THE BURDEN?

Scarborough/Bolton/Lindsay/Brampton/Newmarket

We are looking for volunteers to facilitate monthly support groups to provide education and support to persons with Parkinson's, members of their families, and/or their caregivers in dealing with the challenges of living with the condition. We encourage group members to share experiences, ideas, and feelings; address challenges; develop supportive friendships; and receive current information about Parkinson's disease. These groups are held once a month, often during the day on weekdays. Training will be provided. Once training is completed, the commitment is for three–five hours per month. Experience in facilitation of groups or meetings is an asset. Active seniors are welcome!

Contact Louise LeBlanc at 416-227-1200 ext. 3304 or louise.leblanc@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.

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