



livewire

A PARKINSON NEWSLETTER UNITING CENTRAL AND NORTHERN ONTARIO



March 2008

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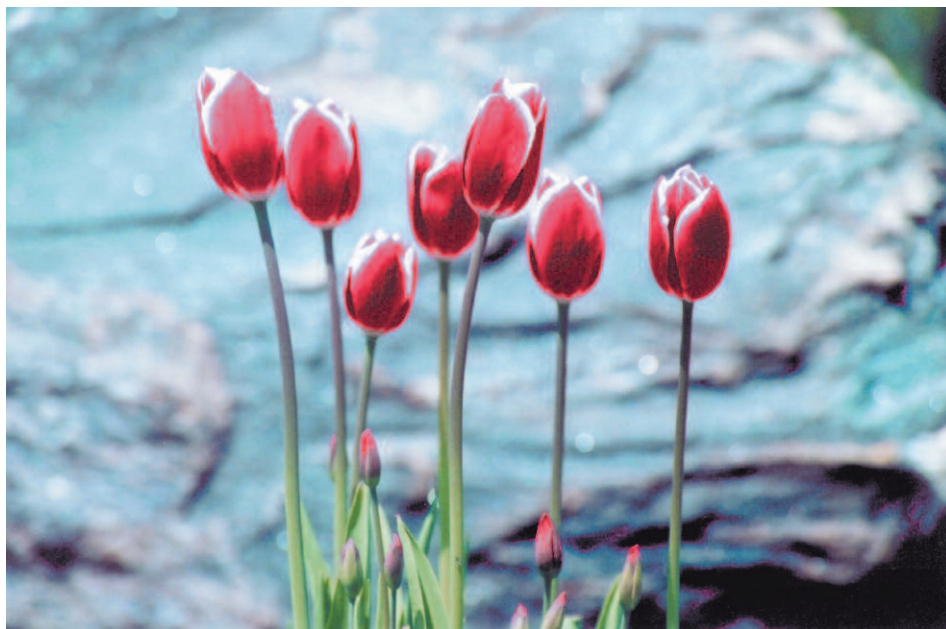
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Cut-A-Thon 2008

Coming to Salons in
Toronto, Collingwood, Guelph
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Intrigue! Please check
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participating salons in
Collingwood, Guelph and
Barrie.



April is Parkinson's Awareness Month

My first six months with Central and Northern Ontario Region have just flown by! I have been able to attend some District meetings and have been thrilled to meet many of you. I look forward to working and growing with you for a long time to come.

We are always looking at raising awareness of Parkinson's and of course in April we celebrate the birth of James Parkinson, the doctor who first discovered Parkinson's in 1817. We use this opportunity to promote activities that let the public know about Parkinson's, such as educational sessions and the sale of tulips as the national symbol of hope for those living with Parkinson's in Canada. Mayors in more than 30 communities across the region will be proclaiming April as Parkinson's Awareness month.

We are also pleased to have a new public service announcement produced by the National Office of the Parkinson Society. A number of chapters have ordered copies to take to their local TV stations. Watch for them during late March and throughout April.

In this edition of **livewire**, we have included information on awareness, education, and fundraising events that are happening across the Region during April. We invite all of you to take part in these or other local initiatives. I look forward to seeing many of you throughout April and working alongside you selling tulips.

Debbie Davis
Executive Director



A Regional Partner of
Parkinson Society Canada
Société Parkinson Canada



Parkinson Society Canada Central and Northern Ontario Region

Société Parkinson Canada du Centre et du Nord de l'Ontario

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Fax: 416-227-1520

Region Advisory Board

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Mission Statement

Parkinson Society Canada is the national voice of Canadians living with Parkinson's. Their purpose is to ease the burden and find a cure through research, education, advocacy, and support services. The Central and Northern Ontario Region of the Society contributes to the national research program while offering support services, information, and specialized programs to ease the burden for those living with this chronic, degenerative neurological disorder in the region.

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Support and Services

- Advocacy
- Individual Support (RN on staff)
- Educational Seminars and Conferences
- Resource Lending Library
- Website
- 1-800 Bilingual Information and Referral Line
- Quarterly Newsletter
- Support Group Network
- Scientific Research Funding
- Newly Diagnosed Education and Information Sessions
- Fundraising Events
- Presence at Health Fairs
- Personalized Information Packages
- Education In-services

PARKINSON SOCIETY CANADA

Parkinson Awareness Month – April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more details on any of these events, call 416-227-1200 x 3301 or go to the website www.parkinson.ca	Tulip Sales throughout Metro Toronto during the month of April – check our website for details!	1 Barrie Hope on Display, City Hall Lindsay Square Mall Display Mar 26-Apr 5 Superwalk online registration opens – www.superwalk.com	2	3	4	5 Peterborough Drs. Guttman & Adams presentation Vaughan (various locations) Tulip Sales
6	7	8	9 Burlington Dr. Susan Fox speaks at Royal Botanical Gardens	10 Toronto Hope on Display, Christ Church Deer Park	11 Peterborough Tulip Sales, Evinrude Ctr Thunder Bay Dr. Mandar Jog speech Dr. James Parkinson Day	12 Peterborough Tulip Sales, Evinrude Ctr LCBO (various locations) Tulip Sales
13 Peterborough Tulip Sales, Evinrude Ctr	14 Announce Volunteer Award winners Sault Ste. Marie Mayoral proclamation	15	16	17 Sudbury Tulip Sales, New Sudbury Ctr Toronto Dancing with Parkinson's Fundraiser	18 Sudbury Tulip Sales, New Sudbury Ctr	19 Sudbury Tulip Sales, New Sudbury Ctr
20	21	22 Tulip Presales delivery	23 Tulip Presales delivery	24	25	26 LCBO (various locations) Tulip Sales
27 - Toronto - Guelph - Collingwood - Barrie Cut-a-thon	28	29	30	Look for other tulip sales and info displays in Guelph, Burlington, Cobourg, and all over the Region!		

All dates subject to change. Please check www.parkinson.ca for updates.

Hope Springs Eternal

Gordon D. Hardacre, MD, CCFP, FCFP

It's an appropriate time to address the winter "blahs", a time to give voice to one's spirit, to search for silver linings in the burdensome world of Parkinson's. I write about a strong human force, an energy which, while not always apparent, is unfailingly, when present, our ally: Hope.

On my income tax return I, a family doctor, frequently answer the question about goods or services provided by including (along with consultations, examinations, etc.) the word hope. The careful provision of a spirit of realistic optimism is, I deeply believe, a cardinal duty of all in the health care professions. What constitutes the definition of hope will differ for each of us, as will the processes of attempting to realize it. I was moved by Dr. Janis Miyasaki's *live*wire column (Summer 2007) entitled "The Grace to Accept Help." Her words outlined the complex relationships among the entities of chronic illness, suffering, vulnerability, hope and acceptance of reality.

Like many of us, I live out my own hopes in part by being grateful just to be alive. See my article entitled "Gratitude" in the Canadian Family Physician journal, July 2006 ...it's on line. We live out our hopes in experiences which bring inner joy – family and social life and, in my case, singing, writing, teaching biochemistry and medical ethics, and certain music. Also, for many of us, hope arises from, and resides in, a profound faith in the presence of a richer life-hereafter or in a loving, compassionate Divine Being.

The efforts of groups like Parkinson Society Canada ease my burden. I harness much hope for the future of PWP's, despite the

sober view that neuroscientists are not about to find a cure by next week. In the September, 2007 press, we read of the publication of one specific human's total gene package or genome. We can now say, if a given person's genome one generation hence shows a risk for Parkinson's, reasonable hope exists of a cure or maybe a prevention for



Dr. G. Hardacre

that individual in his lifetime.

Hope can inspire generosity and many positive actions, or at the very least, lead to a better night's sleep. We can either grow hope within our own spirit, and/or be handed it through the words or actions of others. Its careful distribution is, I believe, one of the greatest of human gifts. If not number one among "faith, hope and charity", it isn't far behind.

We who battle Parkinson's are fortunate to not have to succumb to the Inferno statement in Dante's Divine Comedy: "All hope abandon, ye who enter here." Research into the Movement Disorders is flourishing, its progress slow but inexorable and measurable. Yesterday's surgery saw pallidotomy – today's sees deep brain stimulation. Tomorrow's surgical ventures will encompass implants of various types and the use of stem cells. Yesterday saw crude and side-effect-laden drugs – today sees Levo-DOPA and dopamine agonists and specific inhibitors like Comtan and Azilect. Tomorrow's medication horizons lie in the domain of more than just

dopamine. And the holy grails of PD causation discovery and PD prevention might well be attainable.

Yes, hope is, I believe, a quiet but vital ingredient of much human endeavour. The above cited medical potions and procedures which apply to Parkinson's cannot succeed without it. Seek hope where and when you can; cultivate it with passion. I wish the very best to each and all of us in finding and employing it to our greatest advantage.

Future Events

- **Educational Seminar**
May 24 (Saturday), 2008
10:00am to 4:00pm
 - Keynotes Address from Movement disorder Doctor
 - Session for Caregivers
 - Q & A periodHoliday Inn, Kingston
\$40 per person
1-800-565-3000 ext 3376 for more information
- **People in Motion 2008**
Canada's Largest Exhibition for Disabilities
June 6 (Friday) & June 7 (Saturday)
Queen Elizabeth Building, Exhibition Place, Toronto
For more information call 1-877-745-6555 or visit www.people-in-motion.com
- **Pitch In for Parkinson's**
Blue Jays vs. Cincinnati Reds
June 26 (Thursday)
Call Sara at 416-227-3377 for details
- **Annual Central Northern Ontario Region Conference**
October 18 (Saturday)
Bank of Montreal Institute for Learning
Toronto
Watch future Livewires for content and registration details!

These are a Few of My Favourite Things

Janis Miyasaki, MD, MEd, FRCPC

I spend much of my time telling people what to eat, how to exercise, how to take their medications – essentially how to live. Sometimes I am challenged by a patient who asks, “Well, do you do that?” In the interest of fairness, I am sharing some of my habits – things I learned from my patients that help me in my life.

I am optimistic. The most important decision we make each day is to be in a good mood. My optimistic patients do much better than the pessimists. Seeing the glass as half full makes the difficult bearable. Studies show that people who smile, even when they aren’t necessarily happy, report less grumpiness. Smiling lightens your step and – surprise – people smile back, making you smile more!

I set priorities. Patients who put exercise first, eating well, and resting do best. My priorities fluctuate, but my top three are my son, my career, and my family and friends. My son will tell you he has to take second place often, but flexibility is also important.

I eat well and exercise daily – no exceptions. Over the last year, I’ve taken to eating meatless at least two-thirds of the time. It means food has to be fresh and I have to plan ahead, but I feel better. I don’t feel bloated after eating and yes, I am regular. Lentils and beans are great for digestion. I do yoga for 30 minutes twice a day. It helps reset

my mind, works out the kinks, and keeps my body flexible. At work, my friend and I do seven flights of stairs three times a day. Yes, I do drink eight 8-ounce glasses of water daily.

I maintain relationships. Patients with wide social networks have more resilience. My friends challenge me and



Janis Miyasaki, MD

keep my interests broad. They also take pity on me and invite me to social events – and I move heaven and earth to attend, because I never regret spending time with others.

I take joy in every day things. Patients who enjoy an outing with the family – going to a buffet lunch, having a visitor for tea – still have happiness written on their faces when they tell me how the last few months have been. For me, watching my pets (three dogs and a cat) run around and wrestle is better than the Comedy Network. Goofing around with my teenage son and trying to commit his laugh to memory – for soon, he won’t want to be seen with me – makes my heart ache with happiness.

I count my blessings. To look upon a life well lived, a wonderful marriage, children who are grown and on their way, these bring my patients contentment that nothing can diminish. So, each day, I am thankful. I have had opportunities beyond my parents’ wildest dreams. I have a career that has meaning, a son who is a joy to

me, friends who care for me, and freedom.

I sing. You can’t be grumpy when you sing – unless you are an opera star. Singing reminds me to breathe, puts me in a good mood, and reminds me to project my voice.

I ask for help. Patients and caregivers who can ask for help and accept it graciously do better. I admit when I can’t do something. I ask for help – to keep my family going, or to manage my workload.

I say ‘no’ more often. Patients who can say, “I can’t manage to baby-sit any longer” or “I can’t do the fundraiser for the church this year” aren’t giving up, they are using judgment about their physical abilities in order to maintain their health. This is tough for me. When I counsel junior faculty to say no more often, they laugh and tell me that I’m hardly one to give that advice. It’s definitely a balancing act – say no too much and you won’t do anything, say it too little and you will be exhausted and spent. Try to say no to things that don’t help you address your priorities.

I remind myself that life is a journey, not a destination. Wow! That’s like a Hallmark card, but it’s true. Life isn’t a list of things to cross off as done, it’s about the doing, the trying, the faces we meet along the way, and the memories we make.

Garden of Hope

Plant a ‘Garden of Hope’ this Fall to enjoy in the Spring. When you buy 100 bulbs, you will also receive a ‘Garden of Hope’ marker for that bed of blooms. Contact Stella at 1-800-565-3000 (ext. 3301) or check our website. Orders must be in by May 31.

SuperWalk On-Line Registration Begins April 1, 2008

Register on-line and raise \$100 in on-line credit card donations between April 1 – May 15, 2008 and you'll be entered in a draw for a National and Regional Prizes!*

Five prizes from Roots Canada will be awarded to walkers drawn from the CNO Region who meet the draw qualifications.

On-line credit card donations lower our administrative costs associated with data entry, donation processing and receipting.

Check out www.superwalk.com for updates on the walk nearest you.

Questions? Contact Christine Kirby, SuperWalk Coordinator
christine.kirby@parkinson.ca • 416-227-3374

*see complete rules on the CNOR page at www.superwalk.com



Parkinson's Classic Motor Tetrad

By Gordon Hardacre MD

My Bartender friend, with PD,
Said "James Bond, who's so suave,
you'd agree,
Likes, unless I'm mistaken
Martinis well **shaken**
Not stirred...which is perfect for me!"

And my friend never fails to impress
With his skill at this game:
can you guess?
Since PD makes him **slow**,
"T'won't surprise you to know
That the game which so suits him
is chess!

Since I felt like a statue of ice,
"This coffee", I thanked him, "is nice,"
PD makes me **rigid**
And the cold leaves me frigid,
"Please, a refill...hot cider with spice!"

This same man who lacks
posture stability
Nonetheless displays grace and agility;
Walking slowly, he'll stumble,
But in gyms he can tumble;
To his mind this gives peace
and tranquility.

Parkinson Quiz # 6

- 1 What is edema?
- 2 What is hypokinesia?
- 3 What is hyperhydrosis?
- 4 What are hot flashes?
- 5 What does unilateral mean?
- 6 What is pill-rolling tremor?
- 7 What is postural instability?
- 8 What is loss of libido?

Answers on facing page

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Parkinson Quiz # 6 – Answers

- 1 5% of people on dopamine agonists develop swelling of the legs. The swelling is a direct side effect of the medication and does not usually respond to diuretics and may not respond to exercise. Usually requires med change.
- 2 Decreased movement. Slowness – one of the four cardinal signs of Parkinson's.
- 3 Excessive sweating.
- 4 Body temperature dysregulation. Sudden unexplained hot flashes with flushing or reddening of the skin and excessive uncontrolled sweating. Can be a symptom, although it is not common.
- 5 Occurring on one side of the body. Parkinson's symptoms usually begin unilaterally.
- 6 A classic symptom of PD which involves a rhythmic rolling movement of the thumb against the index finger, as if rolling a pill between the fingers.
- 7 Unsteadiness. Lack of balance. Postural reflexes are impaired and patients are unable to stop falling or if they fall, ease their fall. 10% of PD patients develop difficulty with their equilibrium and fall. A late stage symptom.
- 8 Lack of interest in sex or no sex drive. Affects both male and female PWP.

Hope on Display Barrie – April 1, 2008

Artists Wanted
Call Karen Dowell
1-800-565-3000
ext 3376

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Hope on Display

Plan to attend Toronto's second annual Hope on Display event on Thursday, April 10th. Artists from across the GTA will be sharing their creativity through oil paintings, watercolours, music, dance, poetry, handicrafts, and much more.

Join us between 2 and 4 pm at Elliott Hall, Christ Church Deer Park, at the northwest corner of Yonge and Heath, just north of the St. Clair subway station.

Last year's Hope on Display was an exciting event where people living with Parkinson's demonstrated that their creativity was not limited by the disease. This year promises to be even better. Come and be inspired!

Contact Sara at 416-227-3377 or sara.lawson@parkinson.ca for more details.

Doctor/Patient Relationship



What you don't want to hear when the doctor examines you.

Around the Region

Alliston Support Group

The group is reviewing all aspects of the meeting as membership is declining. If you have suggestions about meeting time, place or program ideas please contact Karen Dowell at 1 800 565 3000 ext 3376. We'd like to see this group grow!

Leaside Support Group

We will be having professional speakers for the first four months of the year. January: Lynne Gallagher talked about depression and how to combat it. February: Cynthia Snea re: disability tax benefits. March: Chee Chiu re: symptoms, drugs, and side effects. April: we don't have a speaker for this month yet but in May the renowned Sandie Jones will address our group.

If anyone would like to attend our meetings you are welcome to do so. We meet at the Presbyterian Church at 670 Eglinton Avenue East, one long block east of Bayview. Meetings are held at 1 pm every second Monday except during July and August. We can be found on the second floor at the east side of the church.

If anyone is interested in joining the Parkinson choir – The Voices of Hope, you could contact me about that as well.

You might have seen our debut at the conference on Oct 20th. That good looking tenor with the beard was me.

Ron Penwarden
Facilitator
Call: 416 466 4445
Cell: 416 315 7992
mkdesl@rogers.com

North Simcoe Chapter

Meetings are held on the 4th Thursday of every month at 4 pm, 2nd floor of the Real Canadian Super Store, 9292 County Rd 93 at Hugel in Midland. If you live in the North Simcoe Region, or elsewhere, please join us for our next meeting - Thursday Feb 28th. Speaker, Alan Lloyd, of the Barrie Tax Services Office, will discuss Parkinson's related tax topics including the non-refundable "Disability Amount" tax credit.

In April, there will be an article in our local paper with the mayor's proclamation that April is Parkinson's Awareness Month. We'll be distributing Parkinson's brochures to local doctors, seniors' homes etc. We'll also have booths in two local malls to distribute Parkinson material, show the new DVD, sell fresh cut tulips, and chat with folks to raise awareness of Parkinson's.

Under the knowledgeable guidance of George Heathwood, our intrepid VP & Fundraiser, Val MacClean assumed the reins of the Orillia SuperWalk last year and moved it to Midland to become our first ever Midland-Orillia SuperWalk. With help from the membership, the day was great fun and we raised in excess of \$33,000. Val's already hard at work getting everything in place for our (proposed) Sunday, Sept 14, 2008 Midland-Orillia SuperWalk.

Stay tuned for upcoming details on an enlightening "Living with Parkinson's" presentation by Dr. John Adams & Team to be held in Midland – Saturday May 31, 2008. For information contact Elaine Jones (705-526-3879) or Penny McDowell (705-538-1377; penny.mcdowell@sympatico.ca)

Belleville-Quinte Support Group

Our group is busy gearing up for April Awareness Month. We have always tried to focus on education for our group, the community, and health care professionals. We are excited that Theresa Fitzgibbon is taking on the task of developing a quarterly newsletter. Theresa was diagnosed in her forties with Parkinson's and had to give up a busy career as a hair stylist. She is now a student in the Social Work program at Loyalist College in Belleville and the newsletter will be part of her ongoing studies. A committee has been formed to assist Theresa with her project. Our first edition is planned for April and we plan to kick it off with an article in the local paper. We feel it is important to reach out to as many people as possible in the community and this is just one more way to achieve that goal.

Bev Hanna-Jones
Coordinator

Kingston Chapter

The Kingston Chapter Bulletin was welcomed back in November, 2007. Peter Skelton is our new president, Sue Extence our VP.

In November, Neurologist, Dr Stuart Reid led a very informative question/answer session.

In December about 90 attended the Christmas turkey dinner. Our chapter member, Tim Aylesworth, composer guitarist and the "Open Voices" choir entertained us. Ann Benedetti's beautiful winter scene was raffled off as first prize. Over \$1,300 was realized.

With Bill and Bev Dickison's guidance, Marg Murphy took on the successful Christmas Cake fund raiser with \$3.00 from each cake going to Parkinson's research.

Felicity McKendry was the recipient of the Morton Shulman Award. No doubt Felicity's Parkinson 2007 calendar project was a factor. 10,000 were printed and sold across Canada for \$5.00, with the potential of \$3.00 profit. All bills have been paid and considerable awareness and financial benefits realized by each region.

A unique fund raiser occurred when Secretary Phyllis and husband, Larry Livesey, celebrated their 50th anniversary. The invitation read: Your presence is present enough. Donations to Parkinson Society Canada would be accepted. The couple were truly amazed and delighted to turn over \$575.00 to our local chapter.

The January meeting took the form of the caregivers, led by Harold Quinn, and the PWP's led by Will Walker, breaking into separate groups. The results were very productive.

It has been our practice to present each new Parkinson member with a copy of Dr David Grimes' book.

Felicity McKendry 613 544 5225

Peterborough/Lindsay Chapter

Meetings are held at the Auburn Bible Chapel at 9111 Armour Rd North at 1:30 pm the third Tuesday of the month from Sept to May. Call 705 741 4205.

Caregivers meet on the first Thursday of each month from Sept to May at St James United Church on Romaine St at Aylmer at 1:30 pm. Call 705 743 5479.

The Lindsay Support Group meets on the second Monday of the month in the Loblaw's Community Room on Kent St W at 1:30 pm. Call 705 324 5355.

Parkinson exercise classes, led by YMCA staff are held during meeting months at YMCA on Friday from 10:30 am to 11:30 am. Members who attend exercise classes receive a subsidy from the Chapter.

Our Christmas party was held on Dec 12th.

A lot of information received about the disability Tax Credit and pension income splitting presented to us at the January meeting.

Attendance at the Caregivers group has been increasing steadily.

March 18: the Access Centre will inform us about ways they can help people with PD.

April 15: We have invited a speech therapist.

May 20: We have issued an invitation to Sandie Jones.

Dr Mark Guttman will be the speaker at a mini conference held on Saturday, April 5th from 10 am until noon. It will be held at the Peterborough Naval Association at 24 Whitlaw St in Peterborough.

April 12th we will be selling tulips at the Ministry of Natural Resources Bldg on Water St from noon to 5 pm. And on April 11, 12 and 13, at the Peterborough Spring Garden Show at the Evinrude Centre on Monaghan Rd.

The Lindsay support group have tulips at the Lindsay Mall. Call 705 324 5355.

Plants, Baking & BBQ at 480 Gilmour St, May 24th.

We hope to see other chapters and support groups represented at Pitch in for Parkinson's in June!

From Vivian and Bill

Burlington Support Group

Burlington is very pleased to announce receipt of \$6670 from Shoppers Drug Mart to be donated to Superwalk 2007 as part of our total. We want to thank Shoppers for choosing the Superwalk as part of its Fall Campaign to raise funds for local charities. While this is a one time opportunity for Burlington, you too can contact Shoppers in your area to discuss possibilities for participation next year.

We continue to see our support group grow. On average we welcome 40-50 people every month. This has given us the encouragement to keep moving forward. We have scheduled guest speakers for the next several months on "Aging

at Home", Personal Trainers, Community Care Access Centres (CCAC's), and the effects of the different types of drugs related to Parkinson's.

It is with sadness that we report the loss another member of our group. Albert McGee, husband of Joyce McGee, lost his struggle in January. The McGee's were part of the original handful of couples who started the Burlington Support Group. His kindness will be missed and our thoughts and prayers go out to Joyce and the family.

As we enter 2008, we reflect back on how far this group has come. We started in February 1999 as a handful of people who came together to not only support one another but also to raise awareness of Parkinson's in our community and we have continued to grow each year. To all those before us, we say "thank you" with all the love and respect you so deserve. To those currently participating in leading this group, we learn from you everyday and hope that we continue to educate and raise awareness of this thing called Parkinson's.

by Maureen Thun

Hamilton Chapter

In October, Dr. Laura Grant, and Dr. Caralei Peters enlightened us about naturopathic medicine. They explained their role as naturopathic doctors and stated, "We enjoy working with our patients to determine the cause of their illness and to develop individualized alternative therapy treatment plans." It is interesting to note that the five principles of naturopathic medicine are:

- Do no harm.
- Cooperate with the healing power of nature.
- Address the fundamental cause of disease.
- Heal the whole person through individualized treatment.
- Teach the principles of healthy living and preventative medicine.

In November, Rosita Hall presented – “Maintaining Your Sanity when all you want to do is cry.” The presentation was a rip roaring success. The auditorium shook with laughter. Rosita’s message was to “laugh for no reason” because the benefits are physical, emotional, mental, and spiritual. Rosita is a wonderful and loving person.

In December our Christmas luncheon was enjoyed by all that attended.

In January we had Karen Dowell from the Region Office as guest speaker.

In February we had Sandy Lawlor on Oral Health.

In March we have Danka Skokovic, Service CND.

In April we have Spring Speakers Series, Royal Botanical Gardens and also Dodsworth and Brown, Funeral Assoc, - What you need to know....

In May – Mary Sutherland, Friends of Avery.

From Vivian and Christina

Niagara Chapter

Our chapter has been meeting for 1½ years and has grown to over 35 members. We meet the 4th Wednesday of every month at St. Columba church, 7 Columba Drive, St. Catharines at 1:30 pm. We have guest speakers, video presentations, or demonstrations at each meeting. Following a coffee and social break, the members split into two groups – caregivers and people with Parkinson’s. Each group shares its concerns, problems, and problem solutions, sprinkled with a few humorous experiences.

Our recent meetings have included a presentation on “Tax Breaks for People with Parkinson’s”, a video – “The New Outlook”, followed by a discussion on emotional aspects of living with Parkinson’s and a video on speech problems. In December, 35 members enjoyed our Christmas luncheon at the Mandarin Restaurant.

We have started a scrap book of

our chapter activities, and to gain more visibility in the community, we have prepared a display board to be used when we participate in Health and Wellness Fairs – one step at a time!

Plans are underway for an Open House during April Awareness Week. Our group facilitator, Paul Pasmore, can be contacted at 905 682 2306

VOLUNTEER TULIP SELLERS NEEDED!

It’s tulip time again! Throughout the month of April, fresh cut and potted tulips are sold in communities all over Central and Northern Ontario Region. Volunteering to sell tulips is a great way to support people living with Parkinson’s disease, and have a great time too!

We also need volunteers to transport tulips and other materials to sales locations. People with large vehicles preferred!

Check the Parkinson Awareness month calendar for dates and locations, then contact us to volunteer:

Karen Dowell
(416-227-3376) – Guelph,
Burlington, Cobourg, Lindsay,
Peterborough, St. Catharines

Gary Shyminski
(705-560-8805) – Sudbury

Sara Lawson
(416-227-3377) – Toronto,
Vaughan



Newsletter Disclaimer

Articles and information in the **live**wire are provided solely for reader’s interest. Articles do not necessarily reflect the views of Parkinson Society Canada – Central and Northern Ontario Region or the Editors, and are not meant to provide medical advice. Please consult your doctor in all matter relating to health concerns or your medication.

Voices of Hope Choir

*There is a director named Paul
Who is the best of them all
He plays the piano
For bass and soprano
And our voices – they fill up
the hall.*

*You don’t have to sing like Bocelli
Sarah Brightman you don’t
have to be
We meet together
In all kinds of weather
You’ll enjoy it – come out and
you’ll see.*

*He teaches us songs in Italian
French, Hebrew and Latin are sung
We sing high and low
And also alto
And we have a lotta good fun!*

*If you like to sing in the shower
Phone the number that you
see below
Our group is quite new
And we’re looking for you
To fill out our ranks – don’t y’know?*

Ron Penwarden
With apologies to Dr. Hardacre

If you would like to inquire further:
416-227-3377

Giving Back

April is a special month at Parkinson Society Canada with the 11th marking the birth date of James Parkinson – the first to describe Parkinson's disease.

How can you Celebrate Parkinson's Awareness Month?

Give a special gift to support the work of Parkinson Society Canada, Central and Northern Ontario Region in honour of Parkinson's Awareness month!

You know the problems that people with Parkinson's face every day. You know that services and support are badly needed. Your gift makes a difference.

How Can You Make a Gift?

In addition to annual gifts, legacy gifts and monthly gifts can impact your community.

Leave a Legacy

Have you ever wished you could make a bigger difference in the world?

Whether you choose to give a gift in your will, a gift of stock, or any other gift that involves careful financial planning, you can leave a personal legacy that dramatically impacts your community, while bringing you significant tax advantages.

To make a legacy gift, speak with your financial advisor or lawyer to determine which kind of gift works best for you. And, of course, you can also contact us at 416-227-3378 for more information and for assistance in creating your legacy.

Become a Partner for Parkinson's

To make an immediate impact, support the Central and Northern Ontario Region today!

When you join our monthly giving club, Partners for Parkinson's, you become an important partner in providing support to people affected by Parkinson's in the community.

Monthly giving is affordable and convenient, and it makes an immediate and continuing difference *every single day*.

Joining is easy; just complete and return the form below and mail it in the prepaid envelope enclosed in this newsletter.

We Need Your Help

We depend on the generosity of individuals, foundations, and corporations for all our funding. Your support is essential to providing the services that you and others in this region need.

You can make a difference!

Central and Northern Ontario Region, Parkinson Society Canada

4211 Yonge Street, Suite 321, Toronto, ON M2P 2A9

Tel: 416-227-3378 or 1-800-565-3000 ext. 3378 • Fax: 416-227-1520

Email: felicia.migliore@parkinson.ca • www.parkinson.ca • charitable no. 10809 1786 RR0001

☒ **Yes,** I will help support the people affected by Parkinson's in the community.

I've enclosed my gift of: ☐ \$35 ☐ \$50 ☐ \$100 ☐ \$250 ☐ Other \$_____

☐ Cheque (payable to Parkinson Society Canada – CNO Region) or ☐ Visa ☐ MasterCard ☐ Amex

Card No.: _____ Expiry Date: ____ / ____ Signature: _____

Please complete the following information:

☐ Mr. ☐ Mrs. ☐ Ms. ☐ Miss ☐ Other: _____ First Name: _____ Last Name: _____

Address: _____ City: _____ Province: _____

Postal Code: _____ Telephone: _____ E-mail: _____

☐ **Please sign me up as a Monthly Donor. I have completed the information above and understand the amount indicated will be charged to my card or deducted from my bank account the 15th of each month.**

☐ I would like to receive email updates about CNO Region's activities.

☐ Please contact me about how I can make a legacy gift

Please return your reply form with your gift today in the enclosed prepaid envelope.

Tax receipts are issued for donations of \$10 or more, or upon request.

From time to time, we trade our mailing list with like-minded charities in order to find new donors to support our work. However, if you still prefer not to have your name traded, please tick here: ☐

***Thank you for
your support!***

live^{wire} is published four times a year. The objective is to provide people with Parkinson's and their caregivers in the Parkinson Society Central and Northern Ontario Region information which will be useful to them. **live^{wire}** would like to hear from its readers.

Comments, suggestions, jokes, cartoons, and articles related to Parkinson's are welcome.

Submitted material may be edited. The **live^{wire}** Editorial Advisory Group is made up of volunteers Carolyn Jackson, Ron Penwarden, and Ian Russell and staff member Sarah Roojee. Contact the Region office at 416-227-3372 or 1-800-565-3000 ext 3372 or by email to livewire@parkinson.ca

Material required by

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One Man's Odyssey

For most of us, a visit to the doctor involves a short car ride or public transit trip. Not everyone is so lucky. Read on. . .

"Air Canada Flight 1774 from Thunder Bay to Toronto is now boarding. Those needing assistance, please come to the gate."

I had already identified myself as a person with Parkinson's. An attendant whisked me down the ramp in a wheelchair. A flight attendant was attentive as I edged my stiff body into the cramped seat. It was 10 am, January 16th. The pilot announced our estimated arrival would be 11:28. Twenty hours by car, ninety minutes by air. And by gosh if we didn't cut the engines at exactly 11:28! How do they do that?

Airport lunch was legalized robbery. A salad and a dry sandwich cost my wife and me

\$20. At 2:30 we boarded a Dash-8 for London. Again I was taken to the plane and met by an attendant. Air Canada was excellent.

We had to arrive a day before my appointment due to flight times. On Jan. 17th we met with Dr. A. Parrent, a neurosurgeon, his assistant, and Dr. Mandar Jog at the London Health Sciences Centre to see if I could be a candidate for Deep Brain Stimulation. Unfortunately, I was not.

The next morning we started the journey home. Even in the winter, the view of Lake Superior and the approach to Thunder Bay is spectacular. My car groaned as it thumped along the highway, our tires flat on the bottom from the -18° cold. Home after an expensive, three-day odyssey to see the doctor.

Jas W. Forbes, Thunder Bay

live^{wire}

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