

# LiveWire

Spring 2018

ONTARIO







**Hello/Bonjour!**

Welcome to our Spring 2018 edition of LiveWire!

My name is Olivier Bonnet and I joined

Parkinson Canada recently as the Managing Director for Ontario, based in Ottawa. I have previously worked for a variety of international, non-profit organizations in the fields of emergency relief, public health, community development, wildlife conservation, and women's empowerment. I now look forward to engaging with YOU in multiple ways and I hope to meet you at one of our events!

As Parkinson Canada grows its services across the country, there are some exciting challenges and opportunities in Ontario to improve life for people living with Parkinson's disease and their families. You will discover some of these in this issue of LiveWire: our call for ambassadors and this year's Hope in Bloom campaign on page 3; our education events in local communities across the province and online events on pages 6 and 7; and our community events featured on page 11.

I also want to thank you for everything you are doing to support our organization—with services, volunteering, and fundraising. Every little effort counts and is appreciated!

Do not hesitate to contact me if you have any questions by email at [olivier.bonnet@parkinson.ca](mailto:olivier.bonnet@parkinson.ca) or by calling me at 800-565-3000 ext. 3421.

## Who Are You Going to Call in Ontario?

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

800-565-3000

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

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

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

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

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

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

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

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

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

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

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

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

### **Karen Dowell, Community Development Coordinator, Western Ontario**

ext. 3376  
[karen.dowell@parkinson.ca](mailto:karen.dowell@parkinson.ca)

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

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

### **Naseem Jamal, Community Development Coordinator, Toronto**

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

### **Anne McNamara, Community Development Coordinator, Central Ontario**

ext. 3326  
[anne.mcnamara@parkinson.ca](mailto:anne.mcnamara@parkinson.ca)

### **Marielle Henderson, Community Development Coordinator, Northwestern Ontario**

ext. 3331  
[marielle.henderson@parkinson.ca](mailto:marielle.henderson@parkinson.ca)

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

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

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

### **Diane Newman Reed, Community Development Coordinator, Eastern Ontario**

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

### **Ginette Trottier, Community Development Coordinator, Eastern Ontario / Coordonnatrice au développement communautaire, l'est de l'Ontario**

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

### **Margaux Wolfe, Community Development Coordinator, Eastern Ontario / Coordonnatrice au développement communautaire, l'est de l'Ontario**

ext. 3425  
[margaux.wolfe@parkinson.ca](mailto:margaux.wolfe@parkinson.ca)

*You would like more information about volunteer opportunities:*

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

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

*You would like more information about Parkinson SuperWalk:*

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

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

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

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

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

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

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

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

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

## Call for Ambassadors!

An Ontario General Election is being held on June 7, 2018. Parkinson Canada needs Ambassadors to help us spread the word about the needs of people with Parkinson's in Ontario to all candidates. Parkinson Canada will provide you with messaging and resources to meet with candidates and appointed Members of Provincial Parliament.

For more information and ways to get involved, please visit our website at [www.parkinson.ca/getinvolved/ambassador-network/](http://www.parkinson.ca/getinvolved/ambassador-network/)

## **PARKINSON CANADA** **SUPERWALK™**

### SAVE THE DATE!

Parkinson SuperWalk 2018 events will take place on  
**September 8–9 and 15–16.**



Please visit [www.superwalk.ca](http://www.superwalk.ca) to register for a walk near you!

**Website launches April 30, 2018.**

## Hope in Bloom

As part of **#ParkinsonAwarenessMonth**, Parkinson Canada runs the Hope in Bloom Tulip Campaign. Potted tulips are sold in a variety of colours at locations across Ontario. To find a sale near you, please visit [www.parkinson.ca/event/hope-in-bloom/](http://www.parkinson.ca/event/hope-in-bloom/)

To help support World Parkinson Day on Wednesday April 11th, you may purchase a virtual tulip by visiting [www.parkinson.ca/event/hope-in-bloom/](http://www.parkinson.ca/event/hope-in-bloom/) if you are unable to visit one of our sale locations in person.

### Other Engagement Opportunities:

#### **Wear Red!**

| Wear red on April 11th to support World Parkinson Day.

| Post photos to your social media channels and tag @ParkinsonCanada to raise awareness.

| Use the hashtag #ParkinsonAwarenessMonth and #UniteForParkinsons

#### **Dress Down Day**

| Organize a dress-down day in support of Parkinson Canada during Parkinson Awareness Month.

| Set a donation amount that will allow staff to wear jeans to work.

| Submit proceeds to Parkinson Canada.

If you would like to get involved with Hope in Bloom or any of the April Awareness activities, please contact Melinda Good at ext. 3374 or [melinda.good@parkinson.ca](mailto:melinda.good@parkinson.ca)



## The PREDIGT Score: Calculating Parkinson's Disease Risk

At the University of Ottawa, Dr. Michael Schlossmacher and his colleagues have created a mathematical model to enable doctors to predict who will develop Parkinson's disease, and at what stage of life. If successful, this predictive model will improve diagnosis and treatment once other researchers have developed therapies to slow Parkinson's progression.

The idea of creating a mathematical model to predict who will develop Parkinson's disease struck Dr. Schlossmacher as he read *Brilliant Blunders*, a book about the significance of the mistakes that five great scientists made.



"The book is about understanding how errors are made, in part by quantifying risks," says Schlossmacher, a neurologist and professor at the University of Ottawa. "That made me think of other things we have already quantified and calculated in life and I became intrigued by whether we could do that for Parkinson's risk."

Schlossmacher is convinced that by entering known risk factors for Parkinson's into his model, it is indeed possible to predict who will get the disease.

Researchers already know that age, chronic constipation, a reduced sense of smell, family history, chronic inflammation such as hepatitis or certain types of gastritis, certain environmental exposures, chronic infections, and gender are all risk factors. Men, for example, are one and a half to two times more likely than women to develop Parkinson's.

Schlossmacher and his colleagues, including Dr. Tiago Mestre and Dr. Doug Manuel, are combing through databases that include case files and histories of people followed by doctors over time. By entering data points they collect from those files into the model, and then comparing that to a subsequent diagnosis, they'll test the accuracy of their predictive scores.

If the predictive model works, doctors could then work with people who have high scores to modify some of the risk factors, and potentially delay or avoid developing Parkinson's altogether.

"We could then tell people, you have to fix your constipation or you have to treat your chronic sinusitis more aggressively," Schlossmacher says.

In the future, if researchers develop medicines or other interventions that could slow down Parkinson's progression or remove other risk factors, then it will be important to know who is most at risk in order to target them for the interventions, he adds.

Revising his model until he gets it right is one of the tasks Schlossmacher has set for himself, just as the scientists portrayed in *Brilliant Blunders* did.

"That's part of the scientific journey, to have an idea, to test it, and then to revise it," he says.

Although Schlossmacher did his initial scientific training by studying Alzheimer's disease, he moved to Parkinson's research because he wanted to help speed up the progress into discovering causative genes and understanding the molecular mechanisms that produce it.

Later, he learned that his grandfather and his aunt died of Parkinson's and dementia, and a cousin has the early-onset form of the illness. He'll factor those different forms of Parkinson's into his predictive modelling, convinced of its practical application.

"It's not only a mind exercise, it's a very doable project," Schlossmacher says.



## Porridge for Parkinson's Research Grant Recipients

Porridge for Parkinson's is a biennial fundraising event that supports the Parkinson Canada Research Program. Dr. Michael Schlossmacher, featured on the facing page, was the first recipient of a Porridge for Parkinson's (Toronto) Pilot Project Grant funded through the Parkinson Canada Research Program. The most recent event was held on November 12, 2017, in Toronto and raised more than \$200,000.

Proceeds from this year's event support four grants through the Parkinson Canada Research Program, including the work of Dr. Simon Wing, who received a \$45,000 Pilot Project Grant for his work to explore cell-to-cell transmission of alpha-synuclein. Investing in this grant continues the event's long-standing tradition of supporting outstanding Canadian Parkinson's research.

A disease of the brain can become a disease of the entire body, as the breakdown of neural pathways often leads to a loss of muscle mass. Dr. Simon Wing, a professor in McGill University's Department of Endocrinology and Metabolism, is eager to examine this potential connection as it applies to Parkinson's disease. He has only recently discovered the possibility of such a link, but it could offer a new perspective on some of the most fundamental aspects of this condition.

Wing was already studying the behaviour of the USP19 gene when he was contacted by a U.S. researcher who discovered that it may also be tied closely to a problematic aspect of Parkinson's disease. At the heart of this problem is a protein called alpha-synuclein, which can form clumps of disruptive material within brain cells. Not only does this material interfere with the ability of these cells to produce dopamine, these affected cells also appear to transmit alpha-synuclein to other brain cells, so that the disease spreads and causes more disability.

"Our work is based on a model where Parkinson's disease spreads because alpha-synuclein is transferred from a sick neuron to a healthy neuron," says Wing. "However, nobody really knows how alpha-synuclein gets out of the neuron."

That detail is crucial because if researchers can identify and block the transmission mechanism, it might be possible to design a treatment to stop alpha-synuclein from leaving affected cells—stopping Parkinson's in its tracks.

In addition to the novel work of Dr. Wing with the USP19 gene, the following researchers and projects will benefit from the support of Porridge for Parkinson's (Toronto):

- Dr. Alexandre Boutet: two-year Porridge for Parkinson's (Toronto) Graduate Student Award in Honour of Isabel M. Cerny
- Anita Abeyesekera: two-year Porridge for Parkinson's (Toronto) Graduate Student Award
- Cricia Rinchon: two-year Porridge for Parkinson's (Toronto) Graduate Student Award in Honour of Delphine Martin

**For the complete list of this year's recipients, visit [parkinson.ca/research/](http://parkinson.ca/research/)**



**Pictured are Porridge for Parkinson's (Toronto) Co-Chair Beth Sulman, Committee Member Deb Voorheis, Dr. Alexandre Boutet, Cricia Rinchon, and Anita Abeyesekera.**

# EDUCATION IN THE COMMUNITY 2018

**April 25, 12:00 p.m. to 2:00 p.m., Brantford, PD Pop-Up Education**, Brantford Public Library, Main Branch, 173 Colborne Street. Paul Scibetta, ext. 3337 / paul.scibetta@parkinson.ca

**April 26, 10:00 a.m. to 1:30 p.m., Lanark North Leeds**, Public presentation from 10:00 a.m. to 11:30 a.m. / Presentation for Health Care Professionals from 12:00 p.m. to 1:30 p.m., featuring speakers Dr. Michael Schlossmacher (MDS) (see article page 4), Susan Smith (PT), Alison Muir (PT), Joanne Doucette (MSW, RSW), and Pat Evans (person living with Parkinson's, MSW). Live site: Smiths Falls Hospital. Broadcasted sites: Perth, Carleton Place, Almonte, and Arnprior Hospitals; North Lanark, Country Roads, and Merrickville District Community Health Care Centres. Other locations pending. Margaux Wolfe, ext. 3425 / margaux.wolfe@parkinson.ca

**April 23–27, Lanark North Leeds, Exercise Program Open Houses** throughout Lanark North Leeds. Margaux Wolfe, ext. 3425 / margaux.wolfe@parkinson.ca

**April 26, 1:00 p.m. to 3:30 p.m., Oakville, Your Health Team**, in partnership with Senior Helpers. A PD101 plus other speakers. Maple Grove United Church. Karen Dowell, ext. 3376 / karen.dowell@parkinson.ca

**May 2, 10:00 a.m. to 3:00 p.m., Toronto, Caregiver Self-Empowerment Session** to empower caregivers to take care of themselves and thus be in a better position to care for someone else. Full day conference. Partially funded by ENRICHES. Bridgepoint Health Centre. Naseem Jamal, ext. 3377 / naseem.jamal@parkinson.ca

**May 3, 1:00 p.m. to 3:00 p.m., Mount Forest, Your Health Team**, in partnership with VON SMART classes. Light lunch, PD 101, and why exercise is important. Mount Forest Curling Club. Karen Dowell, ext. 3376 / karen.dowell@parkinson.ca

**May 11, 9:00 a.m. to 3:00 p.m., Ottawa, TBD**, full day conference with a multidisciplinary panel of experts. The Centurion Conference and Event Center, Colonnade Road. Ginette Trottier, ext. 3422 / ginette.trottier@parkinson.ca

**May 29, Sault Ste. Marie, You and Your Health Care Team**. In the absence of a local Movement Disorder Clinic, this session will focus on helping people living with PD access all available resources to create their personal care team. Estelle Joliat, ext. 3317 / estelle.joliat@parkinson.ca.

**June 5, 7:00 p.m. to 8:30 p.m., Toronto, Working with your Health Care Team: Nutritionist**. Parkinson Conference Centre, 4211 Yonge Street, Suite 305. Naseem Jamal, ext. 3377 / naseem.jamal@parkinson.ca

**June 14, 12:00 p.m. to 4:00 p.m., Thunder Bay, Building Your Care Team**. A multidisciplinary panel of experts. 55 Plus Centre. Marielle Henderson, ext. 3331 / marielle.henderson@parkinson.ca

**June 15, 1:00 p.m. to 3:00 p.m., Peterborough, Building Your Care Team**. Dr. Joanna M. Hamilton, Ph.D., C.Psych., will speak about neuropsychology and general cognitive issues (mild cognitive impairment and/or dementia), plus another speaker TBD. Admiralty Hall, Peterborough Naval Association, 24 Whitlaw Street. Diane Newman Reed, ext. 3315 / diane.newmanreed@parkinson.ca

**June 21, 10:00 a.m. to 12:00 p.m., Casselman, Build Your Health Care Team**. PD101 plus specialist. 745 rue Brébeuf. Ginette Trottier, ext. 3422 / ginette.trottier@parkinson.ca

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

October 31, 9:00 a.m. to 3:00 p.m., **Morrisburg**, *Building Your Health Team*. Full day conference with multidisciplinary panel of experts. McIntosh Country Inn and Conference Centre, Hwy 2, Margaux Wolfe, ext. 3425 / [margaux.wolfe@parkinson.ca](mailto:margaux.wolfe@parkinson.ca)

### Stay Tuned for More Details:

Late Spring, **Barrie**, *Exercise and Strategies for the Management of Parkinson's Disease*. Dr. Joe DeSouza and Registered Social Worker to present. Dance class led by qualified Dance with PD instructor. Anne McNamara, ext. 3326 / [anne.mcnamara@parkinson.ca](mailto:anne.mcnamara@parkinson.ca)

Summer/Fall, **Toronto**, *Young and Early Onset Education Session*. Speaker TBD. Parkinson Canada Conference Centre, 4211 Yonge Street, Suite 305. Naseem Jamal, ext. 3377 / [naseem.jamal@parkinson.ca](mailto:naseem.jamal@parkinson.ca) or Diane Newman Reed, ext. 3315 / [diane.newmanreed@parkinson.ca](mailto:diane.newmanreed@parkinson.ca)

Fall 2018, **Niagara Region**, *Meet Your Parkinson Canada Team*. Full-day conference. Paul Scibetta, ext. 3337 / [paul.scibetta@parkinson.ca](mailto:paul.scibetta@parkinson.ca)

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

November 2018, *PD Research: Where Are We?* Anne McNamara, 416-227-9700/800-565-3000 ext. 3326 / [anne.mcnamara@parkinson.ca](mailto:anne.mcnamara@parkinson.ca)

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

## EXPERT WEBINAR SERIES

**May 8, Falls Prevention, 365 Days a Year**  
Nicole Acerra, PhD, BScPT BA

**June 12, Advanced Parkinson's Therapies: DBS and Duodopa**  
Alfonso Fasano, MD, PhD

**August 14, Alternative Parkinson's Therapies: Music and Dance**  
Jessica Neilsen and Joe DeSouza, PhD

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

**November 13, Progressive Supranuclear Palsy (PSP) and Multiple System Atrophy (MSA): Signs, Symptoms, and Treatment**  
Connie Marras, MD, PhD FRCP(C)

**December 11, Incontinence and Voiding Dysfunction in Parkinson's**  
Sidney B. Radomski, MD, FRCSC

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

## PODCASTS

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

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

**April 10, Mid-stage Parkinson's disease**

**July 10, Late-stage Parkinson's disease**

**October 9, Care-giving through the stages of Parkinson's disease**

# Preparing to Travel: A Checklist

For people with Parkinson's disease (PD) who enjoy travel, and for those who now want to fulfil their travel aspirations, the diagnosis of PD need not interfere with your travel goals. To make the most of your trip, managing stress, advance planning, and thorough preparation are key. Here are some guidelines to help you get ready to travel comfortably and safely.

## Well In Advance

- ☐ Make a list of items to pack (e.g., medication, clothing, travel aids, etc.).
- ☐ Prepare a list of documents to be secured (e.g., letter from physician, travel insurance).
- ☐ Research information about any special needs; for example, can you take your electric scooter?

## Reduce Stress While Travelling

- ☐ Make a realistic assessment of your stamina and overall health when planning your trip; pace yourself, and balance busy days with restful breaks.
- ☐ Speak up and let others know what you need.
- ☐ If possible, travel with a companion.
- ☐ Avoid the busiest times.
- ☐ Plan for coping, with the possibility of having an "off" period at a critical point, such as in the Customs line. Consider using a card, such as the Parkinson Canada Medical Alert card, which says "I have Parkinson's disease. Sometimes I have difficulty speaking and moving. Please allow me extra time. In case of an emergency, contact ..."
- ☐ Plan to rest the day before and the day after your trip, and schedule extra time in your plans.
- ☐ Consider using a travel agent who specializes in working for people with disabilities if you have special needs.
- ☐ Take advantage of wheelchair services even if you don't usually use assistive devices.



- ☐ Drink plenty of fluids, eat fibre-rich foods, stay physically active, and always have water and snacks with you.

## Medications

- ☐ Prepare a list of your medications with names, dosages, and timing of medications.
- ☐ Make sure that you bring enough medication; talk to your doctor and request enough for your entire trip plus a replacement supply.
- ☐ Carry all your medications in their original containers in your carry-on luggage. Bring a small weekly pill organizer to hold the pills for a week while you are en route.
- ☐ Maintain your usual medication schedule. If you are changing time zones, check with your doctor to see if you should continue to take your medications as prescribed with the same time intervals.
- ☐ Depending on where you are going you may need vaccinations to protect yourself against certain diseases. Check with your pharmacist about the impact these may have on your medication.
- ☐ If you experience motion sickness, check with your pharmacist for interactions before taking any anti-nausea or over-the-counter medications. The same applies for diarrhea medications.
- ☐ Be aware of the storage requirements of your medication and take steps to ensure they are met.



☐ If you run into a situation where you are without medication, a local pharmacist may be able to work with your home doctor/pharmacist to fill an emergency prescription. To speed up the process, travel with an updated list of your medications, along with information on dosages, scheduled times for dosing, notations of allergies, and telephone numbers that you might need. This information will also be essential if you end up visiting a doctor's office or emergency room while travelling.

## What Do You Need From Your Doctor?

☐ If you intend to make use of fare reductions for travelling with a support person, you may need to have a medical information form signed by your physician. Plan to do this as early as possible.

☐ Ask your doctor for a letter explaining that you have Parkinson's disease; include a list of your medications, potential complications, and your doctor's phone number.

☐ Advise your doctor of your destination(s) and, if possible, get the name of a doctor in the area where you are travelling.

☐ Provide your doctor with the name of a pharmacy where you are staying with contact information in case emergency medications are required.

## Insurance

☐ If you have Parkinson's, make sure the policy covers pre-existing medical conditions. If you don't declare a medical condition and need to make a claim, your policy may be invalid. When you buy your travel insurance policy, it's a good idea to shop around. Depending on how many trips you are planning to make in a year, a multi-trip policy may be cheaper than buying a single trip policy each time you travel.

☐ Think about buying travel insurance as soon as you have booked your holiday. You may then be covered between booking and the date you travel in case anything happens. Some travel insurance policies will cover the cost of cancelling your trip if you are unwell and can't go.

☐ If you are planning on taking any equipment or mobility aids with you, make sure they are insured for loss or damage. Standard travel insurance policies don't always cover these items. Your household insurance may provide coverage for these items, or you may have to pay an extra premium.

☐ Keep the insurance certificate in your carry-on bag and put a duplicate in another piece of luggage.

## Emergencies

☐ Prepare a list of contact information of those people you are visiting at your destination, including dates and times that you are visiting, as well as their names, addresses, home and cell phone numbers, and driving directions.

☐ Once you have made your travel plans, keep track of them by carrying a printed itinerary, complete with emergency contact information. Leave a copy of this with a friend or relative in case you need to be reached.

☐ Copy all important documents, such as your passport, charge cards, and airline tickets, and save this to the "cloud" where it will be accessible to you from any destination.

☐ Carry a cell phone for communicating in times of need. Make sure your cell phone is charged and ready in case of emergency. Be sure all phone contacts are current.

☐ Have a medic alert bracelet or card with you if you have one.

☐ If you are travelling outside of Canada, have the address and contact information for the Canadian Embassy or High Commission. It is wise to have your passport with you at all times or locked in a hotel safe.

☐ Carry with you the contact information of your family doctor and neurologist including name, address, phone number, and email.

By Lesley Paterson, member, Ottawa support group. Check out Parkinson Canada's resource on Parkinson's and Travelling at [parkinson.ca/wp-content/uploads/Pd-and-Travelling.pdf](http://parkinson.ca/wp-content/uploads/Pd-and-Travelling.pdf)

## **SPRING** into action this season to help make a difference.

**Fundraising Your Way** is a program that encompasses the many different ways people who are passionate about a world without Parkinson's are choosing to make their mark in support of Parkinson Canada.

No two people experience Parkinson's disease in the same way, and just like that, your way of making a difference is unique too. **Fundraising Your Way** is a do-it-yourself toolbox to help support you in making an impact in the exact way you want to. Host a lemonade stand, climb a mountain, sing a little karaoke ... whatever you choose, host it your way!

Visit our newly-designed site to see how those in your Parkinson Canada community are making an impact at [donate.parkinson.ca/yourway](https://donate.parkinson.ca/yourway). What will yours be?



In lieu of birthday presents for her 11th birthday, Avery asked friends and family to donate to Parkinson Canada to honour her grandfather, Ed. Thank you, Avery, for your very thoughtful initiative and for raising \$200!

Throughout the month of December, a local insurance company fundraised an impressive \$3,000 by selling holiday cards to their employees. The photo on the card, seen here, was captured by Gerry Markhoff, who was diagnosed with Parkinson's disease at the age of 51. His photography has become a personal passion and an inspiration for us at Parkinson Canada, and has contributed to the fundraising success.



Dr. Bill Crysdale of Collingwood, with the help of a wonderful Advisory Committee, organized a **Golf for Parkinson's** tournament at Mad River Golf Club on September 27, 2017. The tournament

was well-attended and incredibly successful, raising more than \$29,000 to help support people living with Parkinson's disease. On behalf of the people we serve, Parkinson Canada thanks you for your tremendous efforts.

# THANK YOU

**Your giving,** participation, and advocacy are helping provide critical support for everyone affected by Parkinson's disease.



 Parkinson Canada

[parkinson.ca/myparkinsonfamily](https://parkinson.ca/myparkinsonfamily)

# COMMUNITY EVENT CALENDAR

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

|                       |   |  |
|-----------------------|---|--|
| March 16–<br>April 30 | <b>Hope in Bloom Tulip Sales, Various Locations</b><br><br>Parkinson Canada Hosted Events | Potted tulips will be sold at various locations across Ontario.<br><br>Visit <a href="http://www.parkinson.ca/event/hope-in-bloom/">www.parkinson.ca/event/hope-in-bloom/</a> to find a sale near you. |
| April 11              | <b>World Parkinson Day</b>  | Wear <b>red</b> on April 11 to support World Parkinson Day, or consider hosting a dress-down day at your office.<br><br>#ParkinsonAwarenessMonth   |
| April 21              | <b>Comedy Night for Parkinson's, Ottawa</b><br><br>Parkinson Canada Hosted Event          | Tickets available at <a href="http://www.centrepointetheatres.ca">www.centrepointetheatres.ca</a> for \$40. Silent auction and comedy show featuring three performers.                                 |
| April 30              | <b>Parkinson SuperWalk Web Launch</b><br><br>Parkinson Canada Hosted Event                | More than 40 locations in Ontario, taking place on September 8–9 and 15–16<br><br><a href="http://www.superwalk.ca">www.superwalk.ca</a>   |
| May 4                 | <b>Russell Ladies Night, Russell</b><br><br>Community Fundraising Event                   | Dinner, live and silent auction, and entertainment at Russell Arena. Ladies only event. Tickets are \$50 and available at <a href="http://www.russellfair.com">www.russellfair.com</a>                 |
| May 6                 | <b>Innisbrook Golf Tournament, Barrie</b><br><br>Community Fundraising Event              | Held at Innisbrook Golf Club with an 8:00 a.m. shotgun start.<br><br>Register at <a href="http://golfinnisbrook.com/">http://golfinnisbrook.com/</a>   |
| May 6                 | <b>Toronto Marathon, Toronto</b><br><br>Community Fundraising Event                       | Runners can choose Parkinson Canada as their charity of choice and collect pledges.<br><br><a href="http://www.torontomarathon.com/">www.torontomarathon.com/</a>                                      |
| May 26–27             | <b>Scotiabank Charity Challenge, Various Locations</b><br><br>Community Fundraising Event | Runners can choose Parkinson Canada as their charity of choice and collect pledges.<br><br><a href="http://www.runottawa.ca">www.runottawa.ca</a>  |
| June 16               | <b>Cruising for Parkinson's, Gloucester</b><br><br>Community Fundraising Event            | Car show and 50/50 draw at Rideau Carleton Raceway. \$10 per car.  |
| July 13–15            | <b>Pedaling for Parkinson's, Parry Sound</b><br><br>Community Fundraising Event           | Ride one, two, or three days with distances ranging from 40 to 120 km.<br><br><a href="http://www.pedalingforparkinsons.ca">www.pedalingforparkinsons.ca</a>   |
| July 14               | <b>Mexican Tea Party, Cornwall</b><br><br>Community Fundraising Event                     | 1:00 p.m. to 4:00 p.m.<br><br>Cornwall Civic Complex, Salon A  |



# Our Mission

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



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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](http://parkinson.ca). If you would like to be added to our mailing list, either by regular mail or email (please specify), contact Diane Newman Reed at ext. 3315 or email [diane.newmanreed@parkinson.ca](mailto:diane.newmanreed@parkinson.ca).

## What We Do in Ontario

### Research

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

### Advocacy

Our Ontario Advocacy Committee works to 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 80 support group and chapter meetings in Ontario.

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

### LiveWire

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