

Talk Among the Tulips

A newsletter for the Parkinson Community of Manitoba

Your "How To" Guide for the Parkinson 2010 SuperWalk



SuperWalk Dates

Brandon

Sat. Sept. 11 • Riverbank Discovery Centre
Registration 10:00 a.m. • Walk 11:00 a.m.

Gimli

Sun. Sept. 19 • Gimli Public School 1915
Registration 9:00 a.m. • Walk 9:30 a.m.

Morden

Sat. Sept. 18 • Morden Friendship Centre
Registration 9:00 a.m. • Walk 10:00 a.m.

Winnipeg

Sat. Sept. 11 • Franco Manitoban Centre,
340 Provencher Boulevard
Registration 9:00 a.m. • Walk 10:00 a.m.

INSIDE...

Your SuperWalk pledge form is enclosed.

How YOU can help Parkinson's SuperWalk have the best year ever

How to register and take part, plus other *must knows*

Raise more pledges
It's easier than you think



 Parkinson Society Manitoba
Soci t  Parkinson Manitoba

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Return undeliverable items to:

Parkinson Society Manitoba
7-414 Westmount Drive
Winnipeg MB R2J 1P2

SuperWalk Details

What is Parkinson's SuperWalk?

SuperWalk is a national family and friends event that began 20 years ago with seven walkers. Since then it has grown to over 80 communities across Canada.

Why does Parkinson Society Manitoba need my help?

Parkinson Society Manitoba depends on the generosity of Manitobans to provide its programs, education, advocacy and research.

Who can participate?

You! Your family and friends are welcome too. The walk is a peaceful walk that takes about 30 minutes depending on your location. If you are unable to walk, ask a family member or friend to walk on your behalf. You can still collect pledges or be part of a team and attend the day even if you cannot walk or can only walk a short distance.

Do I have to plan an entire day for this?

No. The registration, walk and celebration will be over before noon in most cases! It only takes a couple of hours to make a big difference.

How do I register?

There are **three** ways to register for the Parkinson SuperWalk:

1. Register on-line at www.parkinsonsuperwalk.ca (see page 4 for more information)
2. Bring your pledge form and donations to PSM at 7-414 Westmount Drive before the walk.
3. Bring your pledge form and money to the Walk.

Is there a fee to participate?

Each walker must raise a minimum of \$25 in pledges or make a personal donation of \$25. If you collect cash or coins, please assist our volunteers by writing a personal cheque for all donations collected. You can walk as an individual or part of a team—you choose.

Do donors get a tax receipt?

Yes. Tax receipts are automatically issued for donations of \$20 or more. If specified, a receipt will be sent for a gift of any amount — please ask your donors if they would like a tax receipt. Please make cheques payable to Parkinson Society Manitoba.



Editorial Statement

Parkinson Society Manitoba welcomes submissions to *Talk Among the Tulips*.

Articles contained in *Talk Among the Tulips* are for information only. Parkinson Society Manitoba does not guarantee or endorse any product or claim made by an author. The editor reserves the right to edit material and to withhold material from publication.

Parkinson Society Manitoba is a proud partner of Parkinson Society Canada.

Inquiries or submission can be directed to

Howard Koks, CEO

Parkinson Society Manitoba

7-414 Westmount Drive, Winnipeg, MB R2J 1P2

How to Raise Pledges

Simple hints to help you raise money

Ask your network; it is larger than you think.

Begin with your family and friends. Ask if they would like to join your team or make a pledge. Next ask your neighbours, co-workers, and clients. Take your pledge form to church or synagogue. Ask members of volunteer groups or other clubs.

Be positive and committed.

Consider being the first on your pledge form with a self-pledge. If you are excited, others will be as well.

Set a goal and tell people what your goal is.

You can also tell people what your average pledge has been.

Don't forget the people and places you support.

Ask pharmacists, dentists, doctors, dry cleaners, bankers, and anywhere you regularly spend money.

Get matching gifts.

Find out if your company has a matching gift program and apply. Even if they do not have a formal program, ask your employer if they would make a donation.

Send letters and emails.

Send a letter or email to everyone in your address book letting them know you will be participating in the Parkinson SuperWalk. Ask them to send back a pledge or pledge online. This works great if you have a network of people outside of Manitoba. You can still ask for their support.

Reach out to organizations and clubs.

Ask the group to pledge you or register as a team.

Ask vendors at work.

Don't forget to ask the companies that supply your office materials, courier, photography services, and coffee.

Thanks to **all** our volunteers!
Here's a few from last year...



Team Challenge

Take the team challenge ... It's easy and fun!

Step 1: Think about who might join your team.

Talk to your family, friends, co-workers and neighbours and form a team of 4 or more people.

Step 2: Get organized and set a goal.

- Name your team—fun names are welcome.
- Select a team captain. The captain is responsible to encourage the team to collect pledges and get the team organized.
- Set a dollar goal individually and as a team.
- The captain should try to collect all the team pledge forms and donations and register at the Walk at one time.

Step 3: Start collecting pledges.

- Use the enclosed pledge form and begin collecting pledges, or
- Visit www.parkinsonsuperwalk.ca to register

online individually or as a team.

- If you can get organized ahead of walk day, register and submit your team pledge forms and money to the Parkinson Society Manitoba office at 7-414 Westmount Drive, Winnipeg.
- Ensure that individual pledge forms for each team member have the team section filled out and the team name identified.



Online Registration - Easiest Way

Visit our website at www.parkinsonsuperwalk.ca and register online.

- Encourage your supporters to make an online donation using a credit card.
- Makes it easy when there is a geographic distance between friends and family.



Simply click the register online button and follow the instructions.

1. New walkers can click on “Register”
2. Registered participants can enter your username, password at the top right to fundraise and review results.
3. Supporters can:
 - Sponsor an individual walker
 - Sponsor or join a team or make a direct donation to Parkinson SuperWalk

Our 2010 SuperWalk Sponsors



Winnipeg Free Press



*Thanks to all our volunteers, event coordinators, and Committee Chairs.
You make SuperWalk a success!*

Our Event Olympian Sponsor Eastern Chrysler Dodge Jeep



Special thanks to the team at Eastern Chrysler Dodge Jeep located at 1900 Main Street in Winnipeg. Marietta Rewucki, President and General Manager (pictured here with Parkinson Society Manitoba CEO Howard Koks) is a past board member and great supporter of the Society.

Last Year's SuperWalks



Programs & Services

SUPPORT GROUPS for people with Parkinson's and their care partners

Winnipeg:

“**Movers and Shakers**” group meets the last Tuesday of the month at McIvor Avenue Mennonite Brethren Church 200 McIvor at 7:30 p.m.
Contact Nellie Allen at 661-1082

St. James Senior Centre at 203 Duffield Street meets the 2nd Wednesday of each month at 1:30 p.m. Contact Laurie Green, 987-8850

Caregiver Support Group meets the 3rd Thursday of each month at 1:30 p.m. at St. George's Anglican Church, 168 Wilton St.
Contact Laura Asher at 786-2637

Across Manitoba:

Morden Support Group meets the first Friday of each month. Contact Pat Plett at 822-3555

Roblin Support Group meets the first Monday of each month at the Chicken Chef.
Contact Mary Topolnicky at 937-3557

Gimli Group meets the 3rd Wednesday of each month in the Gimli Betal Home Boardroom.
Contact Jean Kristjanson at 642-8473

Westman Parkinson's Support Group: Next meeting to be announced.
Contact Jenn Sherb at 761-0031

Questions... For any program questions please call the group contact listed or Howard Koks at 786-2637 or 1-866-999-5558 toll free.

EXERCISE PROGRAMS for people with Parkinson's and their care partners

Winnipeg:

Mondays

McIvor Avenue Mennonite Brethren Church 200 McIvor—drop in from 1:30 - 3:00 p.m.
Contact Karen Gilmour at 661-3896

Wednesdays

Transcona Health Access Centre 845 Regent Avenue West—drop in from 1:30 - 3:00 p.m.
Contact Karen Gilmour at 661-3896

Parkinson's Performance

Rady Jewish Community Centre
Suite B100 -123 Doncaster St.
Mondays from 2:00 - 3:00 p.m.
Fee \$60 (\$25 reimbursed to PSM members)
Contact Kathy at 477-7540



SPECIAL PROGRAMS

Massage Therapy

This program is open to people with Parkinson's for \$10 per session.
Call Massage Therapy College of MB at 772-8999

Get Better Together! A *free* six-week workshop for people with ongoing health conditions to take control of their own health offered by the Wellness Institute at various locations throughout Winnipeg.
Call 632-3927 for information

Last Year's SuperWalk Leaders

SuperSTAR Supreme Walkers \$2,500+

Mac Allen*
Karen Doell
Karen Gilmour
Roy and Evelyne Holenski*
Jennifer Johnston*
Jean Kristjanson
Doug Martens
Arlene Peters*
Marc Pittet
Marika Sharpe*
David Toews
Ron White

* *new* SuperSTAR Supreme Walkers

Top Teams

Karens' Krew (Morden) - \$24,015
Family Ties (Winnipeg) - \$6,104
Marc's Marchers (Winnipeg) - \$5,675
Caroline's Crusaders (Morden) - \$5,460
The Chickadees (Winnipeg) - \$4,509
Sunshine Group (Winnipeg) - \$3,840

SuperSTAR Walkers \$1,000+

Dennis Brugger*
Wayne Clarke
Shannon Corbett*
Joyce Cumming*
Don Dietrich*
Marie Doell
Remi Grenier*
Howard Koks*
Johanne Kristjanson
Daniel Lemke
Irene LoScerbo
Neil McDonald
Sonia Melnyk*
Kara and Kristine Petrasko*
Joan Ranick
Kristy Rempel*
Marietta Rewucki
Inez Stratton

* *new* SuperSTAR Walkers

7-414 Westmount Drive, Winnipeg MB R2J 12
T: 1.204.786-2637 Toll free: 1.866.999.5558
F: 1.204.786.2327 W: www.parkinson.ca