



# Talk Among the Tulips

A NEWSLETTER FOR THE PARKINSON COMMUNITY OF MANITOBA

## Parkinson Society Manitoba to Expand Programs in Westman Region

Parkinson Society Manitoba is pleased to announce that it will be expanding its programs and services in the Westman Region beginning in 2010. The expansion will include the hiring of a part-time program coordinator, more support group sessions, and other program opportunities.

“Over the past year the organization has developed a provincial Program and Services Plan and a broader program offering for Brandon and the Westman area is something we identified as a priority” according to Board Member Shaun Hobson who chairs the PSM Programs and Services Committee. “The key to making this happen is to continue building on the leadership within the Westman Parkinson community”.



The first step in this process was to recruit Dennis Brugger (pictured above) of Brandon to the Parkinson Society Manitoba Board. The next step will be to recruit a part-time program coordinator. Stay tuned for more information on the Westman program expansion.

## New Caregivers Group in Winnipeg

On November 25, 2009 a caregiver’s session was held at the Deer Lodge Centre in Winnipeg. The goal of this session was to provide an education session for caregivers and to determine if there was enough interested participants to start holding regular caregiver sessions.

Seventeen people attended the session which was facilitated by Sandra Funk, Social Worker at the Movement Disorder Clinic, and the group expressed an interest in on-going sessions. If you are a caregiver—a family member or friend of someone living with Parkinson’s, the Caregiver’s Support Group is intended for you. The goal of this group is to help you provide the best care to your loved one while making sure you take of yourself as well.

**Caregiver’s Support Group**  
3rd Thursday of each month at 1:30 p.m.  
St. George’s Anglican Church  
168 Wilton Street (corner of Wilton and Grosvenor)  
Contact Laura Asher at 786-2637 for more information

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



# Chief Executive Officer Message



2009 was a very good year for Parkinson Society Manitoba (PSM) thanks to all our dedicated volunteers and members across the province. Although we are always forging ahead, I would like to take a moment to reflect on some of the organization's successes in 2009. These successes included our largest Annual Conference to date with over 170

attendees. We re-introduced caregivers programs and expanded information sessions to include Steinbach, Emerson, and even Dryden. All four SuperWalks (Brandon, Gimli, Morde, and Winnipeg) set new records with over \$136,000 raised in total and once again we had a sold-out Golf Classic.

Another point of emphasis in 2009 was to increase general public awareness around Parkinson's. To this end, we were able to get our name out in the media on a number of occasions. We held three press conferences – one in Brandon and two in Winnipeg. Through these press conferences we informed the public that there are now over 5,400 people in Manitoba diagnosed with Parkinson's when previous estimates were around 3,000 (special thanks to the Movement Disorder Clinic at Deer Lodge for allowing us to share some of the results of their epidemiological study). This particular announcement was covered by television, radio, and newspaper outlets in Manitoba and received national attention being picked up by several internet sites and newspapers across the country.

We also used these press conferences to let people know how important services for people with Parkinson's are and to promote the SuperWalks. Former Brandon Wheat King and NHL player Don Dietrich from Deloraine was a big help at two of the conferences serving as our honorary SuperWalk Chairperson. Also, thanks to the River East Exercise Group who provided a demonstration and all the volunteers who attended.

The Advocacy Committee was also hard at work in 2009 meeting with MLA's and MP's. Their efforts were high-

lighted by a meeting with the Provincial NDP Caucus with the objective of making the Caucus more aware of the wide variety of issues facing the Parkinson's community. The Advocacy Committee will be having on-going discussions with the Province in 2010.

A final highlight from 2009 was when The Board of Directors approved multi-year funding for the Patient Care Coordinator position at the Movement Disorder Clinic. This is a critical resource to the Parkinson community that is now being funded two days a week by PSM. By supporting this position, PSM has ensured that the Patient Care Coordinator, Joanne Malenko, can continue to dedicate a portion of her time to anyone affected by Parkinson's, not just clinic patients. We are very pleased with the effective partnership we that have built with Movement Disorder Clinic and thank everyone at the Centre for their dedicated efforts. As always, thank you to our members, volunteers, and donors. It is a privilege to work on your behalf.

## REVISED WEBPAGE FOR PARKINSON SOCIETY MANITOBA



On February 15, 2010 Parkinson Society Manitoba will be launching its revised webpage.

Please go to [www.parkinsonmanitoba.ca](http://www.parkinsonmanitoba.ca) after February 15, 2010 to have a look

Special thanks to volunteer Doug Martens for helping out with the launch of the new site.



Parkinson Society Manitoba  
Soci t  Parkinson Manitoba



# Around the Province

## Steinbach Information Session

WHEN: Monday, April 19, 2010  
TIME: 2:00 - 3:30 p.m.  
WHERE: Senior 55 Plus  
10 Chrysler Gate, Steinbach, Manitoba



## Portage La Prairie Information Session

WHEN: Tuesday, May 4, 2010  
TIME: 1:30 - 3:00 p.m.  
WHERE: Herman Prior Senior Centre,  
40 Royal Road North, Portage la Prairie

## Stonewall Information Session

WHEN: Friday, March 12, 2010  
TIME: 1:30 - 3:00 p.m.  
WHERE: Lions Manor, 622 Centre Avenue  
*Everyone welcome!*

*Individuals from throughout the regions are encouraged to attend.*

Call the Parkinson Society Manitoba office at 786-2637 or 1-866-999-5558 (toll free) for more information.

## Fighting Parkinson's

Submitted by Charles Meade Jr. from Bissett; Charles can be reached at hav-park@hotmail.com

I was recently asked by a relative of a young lady who was diagnosed with Parkinson's on what advice I could give her. I could not answer that question on the spot because everybody reacts differently. After much thought this is my answer. I hope it helps someone in this difficult time of their life.

Being diagnosed with Parkinson's is like hitting a brick wall, it stops you suddenly. I know everything looks bleak, however there are ways to beat a brick wall! If you have the right tools you can go over, under or right through that wall. Sadly, we do not have the right tools for the job at hand. However, a brick wall must end sometime. So I hope you keep searching for the end of your wall and don't give up. Soon you will have the right tools to bust through that wall.



# Supporting PSM

# 50 Years

On November 7, 2009 long-time Parkinson Society members volunteers Bill and Marion Knott celebrated their 50th Wedding Anniversary with family and friends.

In a wonderful act of generosity they asked in lieu of gifts that donations be made to PSM and \$2,015 was raised in their honour.

Thank you and congratulations to a wonderful couple!

## Shares that care.....



At the 2009 Morden SuperWalk Roy and Evelyne Holenski made the largest single SuperWalk pledge in PSM's history of over \$10,000 in shares to support Karen Doell and her team Karen's Krew.

**Thank you!!**

## Thanks Ken!

A big thank you to Ken Fisher who has organized the PSM Massage Program for many years. Ken is continuing on as an active member with PSM (pictured at the 2009 SuperWalk) but massage bookings will now be made by calling the Massage Therapy College of Manitoba at 772-8999.



## Everybody wins when you make a gift of appreciated stock to PSM.

How it works is simple:

- You make a gift of appreciated stock to PSM
- Your gift qualifies for a tax credit based on the full market value of your stock. Plus, you eliminate the capital gains tax that would otherwise arise from the sale of this stock.
- See your individual financial advisor for advice on this giving option and details on what benefits apply to your situation.



# Disability Tax Credit

## Financial Information for Persons Living with Parkinson's and their Caregivers

You or a family member may be eligible for a significant disability tax credit. This session will provide details on the disability tax credit and steps you need to take to file for the credit.

**Tuesday, February 23, 2010**

**7:30 - 9:30 p.m.**

**McIvor Avenue Mennonite Brethren Church Gym**

**200 McIvor Avenue**

**Winnipeg**

Disability Tax Information Presentations and Speakers:

- Manitoba Primary Caregiver Tax Credit - Melene Sechman, Manager, Manitoba Tax Assistance Office, Manitoba Finance; Antionette Zloty, Manitoba Health
- Canada Pension Plan Disability Benefit - Pierrette Fournier, Services Canada, CPP
- Disability Tax Credit - Ramona Bonwick, Community Outreach Coordinator, Canada Revenue Agency  
Presenters will distribute materials to take home.

Registration is required. Seating is limited. There is no charge for the session. This meeting is the February monthly meeting of the 'Movers and Shakers' Parkinson's support group. Coffee or tea and a cookie are available at our meetings for \$1.

There will be 'a buck, or more, for the bucket' to purchase items needed by the Movers and Shakers support group.

For more information and to register call the Parkinson Society Manitoba office at 786-2637.





# Young Onset and On-Line Resources

## WWW.YOUNGPARKINSONS.ORG

Whether you have recently been diagnosed with Parkinson's disease, or have been living with the disease for many years, you are likely to want and need a different kind of education and support than someone who has been diagnosed later in life.

APDA's National Young Onset Center and Website offer you:

- Programs & services that focus on education, networking & wellness.
- Personalized and confidential one-to-one service.
- Help managing young onset PD as effectively as possible so you are able to live well and stay strong!

APDA National Young Onset Center  
Central DuPage Hospital  
25 N. Winfield Road  
Winfield, IL 60190  
1-877-223-3801 (phone)  
1-630-933-4380 (fax)

2<sup>nd</sup> World Parkinson Congress

# WPC 2010

September 28 - October 1, 2010  
Glasgow, Scotland, UK

## WORLD PARKINSON CONGRESS

The 2nd World Parkinson Congress WPC 2010 aims to provide an international forum for the latest scientific discoveries, medical practices and caregiver initiatives related to Parkinson's disease. By bringing physicians, scientists, allied health professionals, caregivers and people with PD together, we hope to create a worldwide dialogue that will help expedite the discovery of a cure and best treatment practices for this devastating disease.

<http://www.worldpdcongress.org/>

## HELPFUL ON-LINE RESOURCES

Caregiver Network; [www.caregiver.on.ca](http://www.caregiver.on.ca)

Canadian Caregiver Coalition; [www.ccc-ccan.ca](http://www.ccc-ccan.ca)

Canadian Institutes of Health Research; [www.cihr.ca](http://www.cihr.ca)

Parkinson Study Group (PSG);  
[www.parkinson-study-group.org](http://www.parkinson-study-group.org)

R&D— Canada's Research-Based Pharmaceutical Companies; [www.canadapharma.org](http://www.canadapharma.org)

Stem Cell Network; [www.stemcellnetwork.ca](http://www.stemcellnetwork.ca)

The Canadian Journal of Neurological Sciences;  
[www.cjns.org](http://www.cjns.org)

Canadian Medical Association Journal CMAJ;  
[www.cmaj.ca/](http://www.cmaj.ca/)

The Medical Post; [www.mdpassport.com](http://www.mdpassport.com)

American Parkinson Disease Association;  
[www.apdaparkinson.org](http://www.apdaparkinson.org)

MEDLINEplus: Parkinson's Disease;  
[www.nlm.nih.gov/medlineplus/parkinsonsdisease.html](http://www.nlm.nih.gov/medlineplus/parkinsonsdisease.html)

The Michael J. Fox Foundation for Parkinson's Research; [www.michaeljfox.org](http://www.michaeljfox.org)

National Parkinson's Foundation;  
[www.parkinson.org](http://www.parkinson.org)

Parkinson's Action Network;  
[www.parkinsonsaction.org](http://www.parkinsonsaction.org)

Parkinson's Disease Foundation Inc.; [www.pdf.org](http://www.pdf.org)

We Move—Worldwide Education and Awareness for Movement Disorders; [www.wemove.org/par/](http://www.wemove.org/par/)

# Leadership in Action – PSC Advances the Movement for Neurological Conditions

Parkinson Society Canada recognizes that continuing to advance awareness and support for the over 100,000 Canadians living with Parkinson's disease sometimes requires a new approach. Feedback from government encouraged PSC to think beyond Parkinson's-specific issues – to work on broader issues that might touch other condition communities.

That is why PSC invited representatives from 10 like-minded organizations to discuss how to better position the larger cluster of neurological conditions as a priority health, social and economic issue for federal and provincial governments.

PSC's Senior Public Affairs Advisor Shannon MacDonald says. "By presenting neurological conditions as one cluster with many shared issues, policy makers are better able to understand the significant impact that brain conditions currently represent."

The result of these early discussions has been the establishment of Neurological Health Charities Canada (NHCC) – a growing collaboration of 19 charitable organizations with a specific interest in a neurological condition or neuroscience research.

Formally launched at Parliament Hill in June 2008, the NHCC serves as one voice, focusing its work on collective advocacy, education and research projects. To date, *the group has successfully advocated for an investment of \$15 million from the Government of Canada to support epidemiological research across Canada.*

This project will, for the first time, shed light on the status and impact of neurological conditions across Canada today, and projected into the future based on current Canadian data.

In all of this work, PSC continues to demonstrate leadership and commitment. PSC CEO, Joyce Gordon, serves as the Chair of the NHCC; she also co-chairs the National Neurological Surveillance Committee, established in 2009 by the Public Health Agency of Canada (PHAC).

"For a virtual organization that has only been operating for 18 months, the response the NHCC has received from government officials, policy makers, and the research community has been amazing," says Gordon.

The work of the NHCC is further evidenced by the recent announcement that a new subcommittee of the Standing Committee on Health has been established to focus solely on issues related to neurological conditions.



The Honourable Leona Aglukkaq, Minister of Health for Canada, with members of the NHCC, announcing \$15 million to fund a study of the status and impact of neurological conditions in Canada (2009).



# Looking to the Future



## 2010 Annual Regional Conference

**April 10, 2010**

**10:30 am to 2:00 pm**

(registration opens at 10:00)

**Norwood Hotel**

**112 Marion Street**

**Winnipeg**

### Speaker's Profiles

**Douglas Everett Hobson BSc, MD, FRCP(C)** has been practicing as a clinical Neurologist, Movement Disorder Specialist and Educator in Winnipeg for 23 years. He is the director of the Movement Disorder Clinic at Deer Lodge Center in Winnipeg and co-director of the Movement Disorder Program with the University of Manitoba.

The Movement Disorder Clinic serves the Province of Manitoba as well as Eastern Saskatchewan, Western Ontario, and Nunavut.

He is currently an Assistant Professor with the University of Manitoba, Department of Medicine, Section of Neurology.

In 2009 he was honored to be awarded the Distinguished Service Award by Doctors Manitoba for services rendered to patients and the community. He currently serves on the Parkinson Society Canada Scientific Policy Committee.

Dr Hobson's presentation will initially focus on results of local Manitoba research which determined geographic regions with a higher incidence of Parkinson's disease than expected and what further research is planned in this area.

**Sylvia Yaeger** is an Occupational Therapist at the Wellness Institute at Seven Oaks General Hospital in Winnipeg. She is a Wellness Specialist with the Rehabilitation and Sports Injury Clinic at the Wellness Institute. Her primary areas of practice are health promotion and injury prevention.

Sylvia has spent the majority of her career in assessment and treatment settings both in physical medicine and psychiatry, and is now enjoying the opportunity to help prevent some of the conditions she has treated.

#### **Stressed to Kill—Presented by Sylvia Yaeger**

This presentation focuses on our biological, predetermined bodily response to stress, highlighting the production of the stress hormone cortisol and its link to disease. Learn a simple framework for reducing stressors, as a method of reducing cortisol production.

Research-based methods of lowering cortisol levels will be explored in the following categories: physical, emotional and cognitive. This is an interactive seminar.



# Looking to the Future

## CONFERENCE PROGRAM

**10:00—10:30**

Registration

**10:30**

Welcome and opening remarks

**10:40**

*Dr. Doug Hobson, Neurologist, Movement Disorder Clinic,  
Deer Lodge*

### The Path From Here

Some local Parkinson's disease questions needing answers and pieces of the "Big Picture"

**11:40—noon**

Break

**noon—12:15**

Stretch Break, facilitated by the River East  
Exercise Group

**12:15—1:00**

Lunch

**1:00**

*Sylvia Yaeger, Occupational Therapist, The Wellness Institute*

### Stressed to Kill

Laugh and learn your way to becoming the "boss" of your stress!

**2:00**

Closing remarks

## REGISTRATION FORM

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Postal Code

\_\_\_\_\_  
Phone#

\_\_\_\_\_  
Email

\$10 (member)

\$20 (non-member)

Membership \$25

Donation to Parkinson Society Manitoba  
\$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

Method of Payment

Cheque

Visa

MasterCard

**Limited Space  
Register Early**

\_\_\_\_\_  
Credit Card #

\_\_\_\_\_  
Exp. Date

\_\_\_\_\_  
Signature

**Registration Deadline:**

**March 26, 2010**

**Return to:**

Parkinson Society Manitoba

7—414 Westmount Dr. Winnipeg, MB R2J 1P2

Fax: (204) 786-2327

**Questions?**

Toll free: 1-866-999-5558

Phone: (204) 786-2637



# Caregiving

## Preventing Caregiver Burnout

### Tips and Support for Family Caregivers

Outside the world of paid work, the people most prone to burnout are caregivers – people who devote themselves to the unpaid care of chronically ill or disabled family members. The demands of caregiving can be overwhelming, especially if you feel you have little control over the situation or that you're in over your head.

If you let the stress of caregiving progress to burnout, it can damage both your physical and mental health. So if you're caring for a family member, it's essential that you get the support you need. The good news is that you're not alone. Help for caregivers is available.

### Family caregivers: What you should know about burnout

Providing care for a family member in need is a centuries-old act of kindness, love, and loyalty. And as life expectancies increase and medical treatments advance, more and more of us will participate in the caregiving process, either as the caregiver, the recipient of care, or possibly both.

Unfortunately, caregiving can take a heavy toll if you don't get adequate support. Caregiving involves many stressors: changes in the family dynamic, household disruption, financial pressure, and the sheer amount of work involved. The rewards of caregiving – if they come at all – are intangible and far off, and often there is no hope for a happy outcome.

As the stress piles up, frustration and despair take hold and burnout becomes a very real danger. But you can prevent caregiver burnout by following a few essential guidelines:

**Learn as much as you can** about your family member's illness and about how to be a caregiver as you can. The more you know, the more effective you'll be, and the better you'll feel about your efforts.

**Know your limits.** Be realistic about how much of your time and yourself you can give. Set clear limits, and communicate those limits to doctors, family members, and other people involved.

**Accept your feelings.** Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief. As long as you don't compromise the well-being of the care receiver, allow yourself to feel what you feel.

**Confide in others.** Talk to people about what you feel; don't keep your emotions bottled up. Caregiver support groups are invaluable, but trusted friends and family members can help too. You may also benefit from seeing a therapist or counselor.

## Warning signs of caregiver burnout

Once you burn out, caregiving is no longer a healthy option for either you or the person you're caring for. So it's important to watch for the warning signs of caregiver burnout and take action right away when you recognize the problem.

### Common warning signs of caregiver burnout:

- You have much less energy than you used to
- It seems like you catch every cold or flu that's going around
- You're constantly exhausted, even after sleeping or taking a break
- You neglect your own needs, either because you're too busy or you don't care anymore
- Your life revolves around caregiving, but it gives you little satisfaction
- You have trouble relaxing, even when help is available
- You're increasingly impatient and irritable with the person you're caring for
- You feel overwhelmed, helpless, and hopeless

*continued on page 11*



# Caregiving

## Preventing caregiver burnout tip 1: Get the help you need

The first strategy for preventing caregiver burnout is: *Don't try to do it all alone. Taking on all of the responsibilities of caregiving without regular breaks or assistance is a surefire recipe for burnout.*

Ask for help when you need it. Enlist friends and family who live near you to run errands, bring a hot meal, or “babysit” the care receiver so you can take a well-deserved break.

Also, there are services to help caregivers in most communities, and the cost is often based on ability to pay or covered by the care receiver’s insurance. Services that may be available in your community include home health aides, home-delivered meals, respite care, transportation services, and skilled nursing.

## Preventing caregiver burnout tip 2: Seek emotional support

Share what you’re going through with at least one other person. Turn to a trusted friend or family member, join a support group, or make an appointment with a counselor or therapist. You can also draw strength from your faith. A congregation in a church or synagogue can provide the encouragement you need to feel good about your caregiving role, and may also be able to provide a break from time to time.

### The value of caregiver support groups

Remember that old adage, “trouble shared is trouble halved”? A caregiver support group is one way to share your troubles. Seek out people who are going through the same experiences that you are living each day. If you can’t leave the house, many Internet services are available.

In most support groups, you’ll talk about your problems and listen to others talk; you’ll not only

get help, but you’ll be able to help others, too. Most important, you’ll find out that you’re not alone.

You’ll feel better knowing that other people are in the same situation, and their knowledge can be invaluable, especially if they’re dealing with the same illness you are.

**Source:** HELPGUIDE.org; Melinda Smith, M.A. and Gina Kemp, M.A., contributed to this article. Last modified: December 2008.

## 10 Tips for Family Caregivers

- Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.
- Watch out for signs of depression, and don’t delay in getting professional help when you need it.
- When people offer to help, accept the offer and suggest specific things that they can do.
- Educate yourself about your loved one’s condition and how to communicate effectively with doctors.
- There’s a difference between caring and doing. Be open to technologies and ideas that promote your loved one’s independence.
- Trust your instincts. Most of the time they’ll lead you in the right direction.
- Caregivers often do a lot of lifting, pushing, and pulling. Be good to your back.
- Grieve for your losses, and then allow yourself to dream new dreams.
- Seek support from other caregivers. There is great strength in knowing you are not alone.
- Stand up for your rights as a caregiver and a citizen.

Source: National Family Caregiver’s Association



# Wellness

## 10 WAYS TO STRENGTHEN RESILIENCE

By : David Rintell, EdD

### 10. Make and strengthen connection with others

Social support, or having a support system, has been linked to overall health and survival, better medical recovery in a number of illnesses, as well as reduced levels of depression in neurological illness. We can expand our social support networks by joining support groups, participating in religious and community organizations, and reconnecting with old friends and relatives.

### 9. Make goals achievable

Achieving goals gives us a feeling of accomplishment, one of the most important elements of feeling good about ourselves. Sometimes, despite changing circumstances, our goals remain unchanged. Adjust lofty or unachievable goals when necessary and replace with goals you can achieve.

### 8. Locate your strengths

We all have strengths, but sometimes we forget about them. How have you addressed difficulty in the past? What strategies did you use, what helped, who helped you? Our past experience is like a “bank account” of strengths which can be drawn upon to address Parkinson’s.

### 7. Take action!

It’s not enough to talk; one must do something, particularly about Parkinson’s. What you choose to do is less important than the fact that you are taking action. You might raise money for research, participate in a clinical trial, or mentor another person with Parkinson’s. Doing something about Parkinson’s changes your position, from passive to active.

### 6. Express gratitude

Sometimes people living with chronic illness forget that there are also positives in their lives—loving family, good friends, and rewarding experiences. Research has shown that people feel better when they are able to make note of what and who they are grateful for; they are more optimistic, and make more progress toward their goals.

### 5. Utilize your faith and spirituality

There is much possibility of healing, even when there is no cure. Faith and spirituality can help with the hard questions like “Why did this happen to me?” Faith can be expressed through religion, nature, or your own set of

beliefs. Religious organization can also be a good source of social support.

### 4. Maintain Hope

There is good reason for people with Parkinson’s to feel hopeful, and it’s important not to restrain one’s natural feelings of hopefulness. Dana Reeves, Christopher Reeve’s wife said, “Before Chris’s accident, we became hopeful that we would accomplish our goals. After his accident, we became hopeful that we could accomplish the new goals we had set for ourselves.”

### 3. Give!

Giving to others, in addition to benefitting those we help, benefits the helper in a number of ways. Research has shown that giving to others is an effective antidepressant, and it’s a great way to build new social connections.

### 2. Allow for humor, and all of your emotions

Despite life’s difficulties humor allows us to put our troubles in context. Allowing ourselves to express all of our emotions improves both our physical and mental health.

### 1. Maintain you health

One of the best ways to maintain your health is nurture collaborative relationships with your neurologist and other healthcare providers. Your relationship with your neurologist is long-term, and it’s important that it work well for you. If it is not working well, initiate a discussion with your doctor, share your concerns, and spell out how she or he can better meet your needs.



*David Rintell, EdD, is a psychologist who works at Brigham and Women’s Hospital and Massachusetts General Hospital in Boston. You can reach him by email: [drintell@partners.org](mailto:drintell@partners.org) Source: American Parkinson Disease Association, Young Parkinson’s Newsletter, Fall 2008 Issue.*



# Exercise

## New Wednesday Exercise Program

There will be a new Winnipeg Exercise Program starting January 27, 2010 at Transcona Health Access Centre. Drop in Wednesdays from 1:30—3:30 p.m. , 845 Regent Avenue W.

Cost is only \$1.00 to attend which covers the cost of tea and cookies that follows each session. Call Karen Gilmour at 661-3896 for more info.



Parkinson Society Manitoba would like to thank super volunteer Karen Gilmour for all her dedicated efforts on behalf of people living with Parkinson's.

Karen is pictured here leading the warm-up for the 2009 Winnipeg SuperWalk (with her special assistant).

Way to go Karen!!

## Medication Information Line for the Elderly (MILE)

Do you have questions about your medications?

- Prescription medications
- Non-prescription medications
- Vitamins
- Supplements
- Herbal or natural products
- Drug interactions
- Herb-drug interactions
- Anything you do not understand or want to more about

Our pharmacist consultants will be happy to answer your questions.

Please phone or visit the MILE line at:

The University Centre Pharmacy  
Room 111 University Centre  
University of Manitoba

Tel: (204) 474-6493  
Fax: (204) 474-7572

Email: [mile\\_resource@umanitoba.ca](mailto:mile_resource@umanitoba.ca)

Monday to Thursday  
9:30 a.m. to 2:30 p.m.



## On the Move

The River East “Movers and Shakers” will have a new location beginning in February 2010. They will be meeting at 7:30 p.m. on the last Tuesday of the month at McIvor Avenue Mennonite Church, 200 McIvor (corner of McIvor and Henderson). Call Nellie Allen at 661-1082 for more information.

### Upcoming Sessions

- |                                  |   |
|----------------------------------|---|
| Tuesday , Feb 23, 2010 7:30 p.m. | Financial Information for Persons Living with Parkinson’s and their Caregivers (see page 5 of this newsletter for full details).  |
| Tuesday, March 30, 7:30 p.m.     | Shaun McFadden, Physiotherapist from the Movement Disorder Clinic will discuss the importance of exercise and physiotherapy   |
| Tuesday, April 27, 7:30 p.m.     | Joanne Malenko, Resource Nurse and Outreach Coordinator and Sandra Funk, Social Worker, at the Movement Disorders Clinic will give an overview on the challenges facing people living with Parkinson’s and their caregivers. The second half of meeting will break the group into two separate groups: 1) people living with Parkinson’s and 2) their caregivers. This will give each group an opportunity to discuss any specific questions they face. |

### WHY JOIN A SUPPORT GROUP?

Support groups are made up of people with common interests and experiences. People who have been through, or are going through, a similar circumstance can do more than sympathize with you - they can relate to what you are going through and keep you from feeling like you are alone. Support groups can also be a great place to find practical tips and resources.

#### **Taking Steps: A Journey from Grief to Healing**

If you have experienced the death of a family member or friend, the “Taking Steps” program can provide caring and support as you journey through this period of adjustment.

These groups welcome adults of all ages and cultural backgrounds.

For more information contact:

Hospice & Palliative Care Manitoba 889-8525 Ext. 226





# Programs & Services

Thank you to all the volunteers who organize and host programs and services. Your caring continues to touch many lives. Please remember to speak with the contact person to take part in any of the programs listed below:

## SUPPORT GROUPS

### Winnipeg:

**River East “Movers and Shakers”** will meet at 7:30 p.m. on the last Tuesday of the month at McIvor Avenue Mennonite Church, 200 McIvor (corner of McIvor and Henderson)

*Contact Nellie Allen at 661-1082*

**St. James Senior Centre** meets the 2nd Wednesday of each month at 1:30 p.m., 203 Duffield Street

*Contact Laurie Green, 987-8850*

**NEW Caregiver’s Group** meets the 3rd Thursday of each month at 1:30 at St. George’s Anglican Church, 168 Wilton (corner of Wilton and Grovesnor)

*Contact Laura Asher at 786-2637*

### Outside Winnipeg:

**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 Support 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** meets on Saturday, March 6, 1:30 –3:00 p.m. at the Prairie Oasis Senior Centre, 241-8th Street in Brandon.

*Contact Howard Koks at 1-866-999-5558*

## EXERCISE PROGRAMS for people with Parkinson’s and their care partners

### Winnipeg:

#### McIvor Avenue Mennonite Brethren Church

200 McIvor (corner of McIvor and Henderson)

Drop in Mondays from 1:30 - 3:30 p.m.

*Contact Karen Gilmour at 661-3896*

#### NEW Winnipeg Exercise at Transcona Health Access

**Centre** —Drop in Wednesdays from 1:30—3:30 p.m., 845 Regent Avenue W.

*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.

*Contact 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*

**Community Caregiver’s Programs** Contact Rupert’s Land Caregiver Services for Caregiver’s information and support group dates.

*Call 452-9491 for information*

THE  
Parkinson  
LEGACY

*planned  
gift*

When you make a planned gift through the Parkinson Legacy, you provide Parkinson Society Manitoba with the resources to prepare for the future, today.

A planned gift can be made through your will as a:

- Bequest
- Gift of Life Insurance

Your planned gift ensures our volunteers and staff will be able to reach more people with Parkinson's in communities across Manitoba while supporting essential research.

*Please call Howard Koks at the Parkinson Society Manitoba office at 786-2637 or 1-866-999-5558 (toll free) if you would like more information on planned gifts.*



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