



Summer 2008

# Talk Among the Tulips

A NEWSLETTER FOR THE PARKINSON COMMUNITY OF MANITOBA

## Golf Classic Raises \$50,000 for Parkinson Society Manitoba

Parkinson Society Manitoba raised a record \$50,000 to support programs and services for Manitobans with Parkinson's at the 10th Annual Golf Classic held on May 26 at the Breezy Bend Country Club. The 2008 tournament was the most successful in its 10-year history!

Following 18 holes of golf, 152 guests enjoyed a fabulous dinner prepared by the club's executive chef, a silent auction, and a live auction hosted by Bill Knight that featured unique and luxury prizes.

Special thanks to all our many tournament supporters, prize donors, and sponsors, including our major sponsors:

**LawtonPartners**, Gold Sponsor; **WinnipegFreePress**, Media Sponsor; **EasternChryslerDodgeJeepLtd.**, Dinner Sponsor; **CardinalCapital Management Ltd.**, Lunch Sponsor; **Terracon Development Ltd.**, Wine Sponsor; **Investors Group**, Tee Gift Sponsor; and **City Mix Inc.**, Putting Sponsor.



*Curtis Shewchuk, Golf Classic Co-chair (far left); Joe Aeillo, 92 CITI FM; Marc Pittet, Co-chair; and Richard Enright, Boston Pizza, enjoy a day of fun in support of Parkinson Society Manitoba at the 10th Annual Golf Classic.*

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 Parkinson Society Manitoba  
Société Parkinson Manitoba

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Return undeliverable Items to:

Parkinson Society Manitoba  
#302-171 Donald Street  
Winnipeg MB R3C 1M4



# SuperWalk for Parkinson's

## MARK YOUR CALENDAR FOR SUPERWALK 2008

### BRANDON

Saturday, September 13  
Riverbank Discovery Centre  
Registration at 10:00 am • Walk at 11:00 am

### WINNIPEG

Saturday, September 13  
Riverview Community Centre  
90 Ashland Avenue (off Osborne St.)  
Registration at 9:00 am • Walk at 10:00 am

### MORDEN

Saturday, September 20  
Morden Senior Centre  
Registration at 9:00 am • Walk at 10:00 am

### GIMLI

Sunday, September 21  
Gimli Public School  
Registration at 9:00 am • Walk at 9:30 am

Every step can make a difference in the lives of people with Parkinson's

- Walk for someone who might have difficulty walking.
- Collect pledges. Most people will gladly give to help an organization like Parkinson Society Manitoba. Just ask.
- Thanks to people like you \$2 million was raised in SuperWalk 2007 across Canada.

Further details will be sent out in the SuperWalk newsletter edition in August.

**SEE YOU IN SEPTEMBER!**

Register online  
[www.superwalk.com](http://www.superwalk.com)  
or call 786-2637 or  
1-866-999-5558  
**TODAY!**



Parkinson Society Manitoba  
Soci t  Parkinson Manitoba

# Executive Director's Message



It is an honour and a privilege to work on behalf of the members of Parkinson Society Manitoba. Here are just a few of the highlights from our organization over the past year:

- We had our most successful Annual Regional Conference with over 150 people attending and more than 15 Manitoba communities represented.
- The Westman library was significantly expanded and 90 people attended a presentation by Dr. Doug Hobson arranged by the Westman support group.
- A two-part workshop was recently offered in collaboration with our good partners at the Movement Disorder Clinic at Deer Lodge for people newly diagnosed with Parkinson's.
- Support Groups and Exercise Groups continue to be the central source for learning and for sharing experiences between members.
- We continued to offer \$10 massages in partnership with the School of Massage in Winnipeg.
- The Annual Golf Classic raised a new record of \$50,000.
- All four of our 2007 SuperWalks in Brandon, Gimli, Morden, and Winnipeg each reached a new fundraising high for a total of \$89,000.
- We joined the Boissevain/Morton donor's choice program and received generous support from the Hamiota donor's choice.
- Advocacy Committee volunteers met with over 75% of Manitoba's MLAs to make them aware of the challenges faced by people living

with Parkinson's and the work of Parkinson Society Manitoba.

How was Parkinson Society Manitoba able to achieve all this over the past year? Our success can be explained in one word – volunteers. The commitment of our volunteers right across the province is truly remarkable. Thank you for all your efforts and congratulations on a great year.

I look forward to working with you in making next year even better!

Howard Koks  
Executive Director

## 2008 Conference Report

More than 150 people attended the Parkinson Society Manitoba 2008 Regional Conference on April 26 at the Norwood Hotel in Winnipeg. The theme of this year's sold-out conference was Movement of Hope.

Keynote speaker Dr. George Turnbull, Associate Dean of the Faculty of Health Professions at Dalhousie University, addressed the importance of exercise and motion. Dr. Andrew Borys, Movement Disorder Neurologist & Consultant from the Movement Disorder Clinic, spoke about the latest developments in medications. Cristabel Nett gave a demonstration on how to combine music and light exercises

Special thanks to our sponsors for their combined contributions of \$8,500 toward conference expenses, including: Teva Neuroscience (\$4,000), Novartis (\$2,000), UCB Pharma Canada (\$2,000), and Medtronics (\$500).



# Westman Report

While visiting a friend in Colorado Springs in March 2008, we met with Barbara Willis, a retired ballerina and registered nurse, who has developed a program designed to help people with movement difficulties. Her program called Let's Keep Moving, does not replace basic medication and physical therapy but moving with dance and music appears to increase the sense of well being and bring improvement to quality of life.

When Barbara discovered in 1999 that she had Parkinson's and could not dance any more, she decided to share what she had learned with others. The key element in her 45-minute program is music and rhythm. Barbara starts from a seated position with

warm-up exercises, then moves to simple walking, moving and dance combinations across the floor. This is followed by seated exercises, which explore rhythm and coordination of lower and upper body. She ends with breathing and relaxation techniques.

Meeting with Barbara Willis was both exciting and an inspiration for us and anyone who might be suffering with any movement disorder. She says the key to a longer and healthier lifestyle for anyone with Parkinson's is to keep moving. How right she is!

*Submitted by Bev Barnes  
Westman Parkinson's Support Group*

## Westman Chapter Opens Parkinson's Library



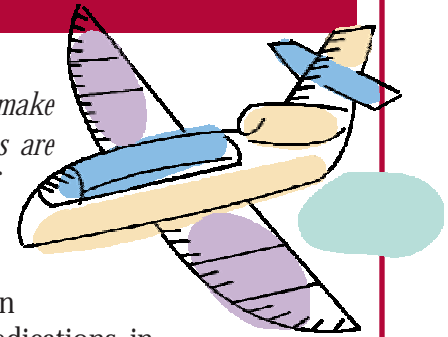
Bev Barnes (pictured, left) presents new books to Wendy Wareham of the Brandon Regional Health Centre Library.

Located in the Health Centre at 150 McTavish Ave. E, the Library has a Parkinson's collection of more than 40 books and DVDs covering topics such as treatments and medications, exercise, care giving, deep brain stimulation, early onset, and general information about Parkinson's disease.

A \$1,000 grant from the Brandon Area Community Foundation allowed Parkinson Society Manitoba to purchase the books.



# Summer Travel



*Can traveling cause a person with Parkinson's disease to suddenly become very confused and/or disoriented? If so, is it possible to prevent this from happening?*

Generally, traveling reasonable distances should not have an impact on people with mild to moderate Parkinson's disease. However, several issues come into play.

First of all, medication schedules have to be adjusted to the actual traveling itself, and error in administration of medication can commonly occur. If time zones are shifted, especially by traveling longer distances by air, administration of medication then becomes confusing for both the patient and the caregiver.

In this scenario, it is imperative that the patients follow the local time zones (for Manitoba) and make adjustments as advised by a physician or pharmacist ahead of time. Of course, be sure the instructions are understandable since they may be confusing.

Secondly, high altitude travel can cause a change in vascular flow. Patients may get disoriented due to this.

Thirdly, change in sleep cycle would be the next important causative factor for disorientation due to the disruption of the sleep/wake cycle while traveling.



Finally, once the destination has been reached and the actual travel has commenced, dietary issues such as different types of foods can also cause differences in absorption of the medication resulting in varying responses to it.

*An important factor is to make sure that enough medications are taken from the country of origin.*

It is not uncommon that formulations of medications in different countries could be different, in terms of not only the active ingredient, but also the binding agents that are used to make pills and capsules. Therefore, the recommendation is to continue taking the medications that the patient has been given in the country of origin, rather than buying them locally which may change the content of the medication. Pharmacies will usually comply with giving reasonably large amounts of medications for patients that are going away for a period of time.

Additionally, medical issues while traveling, especially where a prolonged amount of sitting occurs, can arise as well. Urinary tract infections (due to alteration and the amount of water consumption during travel), deep vein thrombosis with embolization and pulmonary emboli can also occur.

Change in the consistency of food could cause swallowing issues to develop and aspiration might occur. All of these medical problems can cause sudden changes in the level of alertness and consciousness and can make a patient sick. These also have to be screened if there is sudden disorientation.

The key, of course, is to try to maintain stability with the types of medication and the dosing of medication. As well, an attempt should be made (when possible) to gradually introduce the patient to new environments, especially those patients that already have mild cognitive impairment. At least one of the care-givers that accompany the patient should be very familiar with all these aspects of patient care.

Reprinted from *The Parkinson Update*



# National Advocacy

*The following is edited from a letter written by **Shannon MacDonald**, Public Affairs Advisor to Parkinson Society Canada, concerning the establishment of Neurological Health Charities Canada (NHCC).*

I am excited to provide an update about the work of the National Advocacy Committee of Parkinson Society Canada. Primary neurological disease charities in Canada met in January and March 2008 to discuss the possibility of working together to advance the work on issues related to neurological disease. The meeting involved: Parkinson Society Canada, Alzheimer Society of Canada, Multiple Sclerosis Society of Canada, Muscular Dystrophy Canada, ALS Society of Canada, NeuroScience Canada, Huntington Society of Canada, Ontario Neurotrauma Foundation, Tourette Syndrome Foundation of Canada, Epilepsy Ontario, Spina Bifida & Hydrocephalus Association of Ontario, and Ontario Federation for Cerebral Palsy.

The group made the following decisions:

- to go by the name of “Neurological Health Charities Canada” (NHCC)
- to work as a project-based collaboration
- to work on one national project, one provincial project and one cross-provincial project as a start

**National project:** Advocate to the Government of Canada to support a large-scale epidemiological study of neurological disease in Canada, to include a study specific to Parkinson’s.

**Provincial project:** Advocate to the Government of Ontario to include a neurological strategy as part of the new chronic disease strategy.

**Cross-provincial project:** To gather and share information from coast-to-coast regarding education, research, advocacy and service issues related to neurological disease.

- to establish working groups for each project
- to establish a small communications committee to support the work of the NHCC
- to contribute human and in-kind resources and when necessary, to share expenses across the member organizations

**National Project:** The national advocacy effort will launch the NHCC on Parliament Hill on June 2, 2008 with meetings and presentations to key audiences including the Minister of Health, members of the Standing Committees on Health and Finance, the Prime Minister’s Office and senior staff from the Public Health Agency of Canada.

**Provincial Project:** The Ontario provincial project team has presented the NHCC to the Minister of Health, George Smitherman, and Assistant Deputy Minister, Steinni Brown. Mr. Brown committed to working with the team to develop a province-wide neurological strategy to be ready this time next year. (This is really great!)

**Cross Provincial Project:** The cross-provincial team has worked very quickly to develop a survey to be sent out across Canada through Survey Monkey. The purpose of the survey is to better understand how chronic and neurological disease is being addressed in each province. The team hopes to receive responses by the end of May.

# Parkinson's Disease Research

## SCIENTISTS BYPASS NEED FOR EMBRYO TO GET STEM CELLS

Scientists believe they may have the answer to the ongoing debate over the use of embryonic stem cells. By taking skin cells and turning them into embryonic stem cells, scientists may have found the crucial breakthrough they were looking for in bringing the masses on board with stem cell research.

The addition of four genes to the skin cell prompts its chromosomes to reset themselves into 'blank' cells', or 'induced pluripotent stem cells', that behave as embryonic stem cells and could be effectively turned into any one of the 220 cell types making up the human body. In the past, scientists were forced to collect these blank cells from human embryos and it was this process, and the corresponding destruction of embryos, which made stem cell research one of the most disputed issues of science. New stem cell research should bypass the need to use embryos, rendering the morality debate null and void.

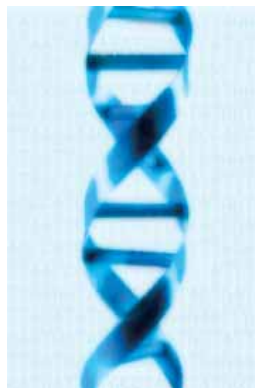
Rev. Tadeusz Pacholczyk, director of education at the National Catholic Bioethics Center commented, "You should have a solution here that will address the moral objections that have been percolating for years." And for those who recall the divide over stem cell

research in American politics, the White House also commented "By avoiding techniques that destroy life, while vigorously supporting alternative approaches, President Bush is encouraging scientific advancement within ethical boundaries."

At this point, it is not quite fully understood whether the newly developed skin cell models will behave the same as the embryo-derived stem cells and scientists will need to work out any kinks that may arise. "By any means we test them, they are the same as embryonic stem cells," Dr. James A. Thomson of the University of Wisconsin said. However, it still must be confirmed that the reprogrammed human skin cells are the same.

Scientists are also excited about the new method's ability to allow patients to donate their own cells, thereby bypassing other potential complications such as immune system rejection. The immune system will often reject replacement tissues if the cells are not a perfect genetic match; however, a sample of patient-specific cells would essentially provide that genetic match and diminish the risk of tissue rejection.

*(Continued on page 8)*



(Continued on page 7)

Still, to date stem cell research has not met its expectations in terms of scientific breakthroughs. However some say the lack of progress is a result of limitations in federal funding and the difficulties in finding egg donors. New research and new methods could allow scientists to bypass these roadblocks and unlock the real potential of stem cells (from: New York Times, Nov. 21, 2007).

Parkinson Society Canada notes that: "Research published in Science Magazine, November 20, 2007, showed that skin cells could be reprogrammed into embryonic stem cells. This research is important because it holds promise for another source of stem cells that avoids the current ethical issues surrounding

human embryos. More research is needed to prove its potential but the results open new avenues to scientists to obtain stem cell tissue.

*Parkinson's Disease Research represents a summary of Parkinson-related research articles that have been recently profiled in the media. Articles are summarized for information purposes only. The article summaries do not necessarily represent the opinion of Parkinson Society Manitoba and are not intended to be medical advice. Always consult your physician or a qualified health care practitioner for advice regarding your specific medical situation.*

Reprinted from the *Parkinson Society Ottawa*

# Other Things

## Summer Fun Find-A-Word

G F Q C K G S S K R E U G T G  
 F A N O O T E E O M U G O D N  
 Z M T T Y H K A R T N U J G I  
 S I D T C U D F R I R L B N T  
 W L E A H N A A N I F D S I I  
 I Y E G M D V E S Y U P N K S  
 M B S E S E D T N U V I M L I  
 M S F H L R S N O I T A C A V  
 I C R L A S U N S H I N E W C  
 N I I G V T Y G N I H S I F F  
 G N E R I O S E U C E B R A B  
 G C N B T R L T B O A T I N G  
 O I D F S M F L O W E R S Q K  
 D P S E E S V R S E I B B O H  
 P I R T F R E A D I N G Y F V

- Barbecues
- Beaches
- Boating
- Campfires
- Cottage
- Family
- Festivals
- Fishing
- Flowers
- Friends
- Gardening
- Hobbies
- Picnics
- Reading
- Sunshine
- Swimming
- Thunderstorms
- Tourists
- Travelling
- Vacation
- Visiting
- Walking

*Rest is not idleness, and to lie sometimes on the grass under the trees on a summer's day, listening to the murmur of water, or watching the clouds float across the sky, is by no means a waste of time.*

~ John Lubbock

*Thirteen-year-old Chad Corbett, a Grade 7 student at Lincoln Middle School, presents Howard Koks, Executive Director of Parkinson Society of Manitoba, with donations from a benefit concert that he organized in memory of his grandfather, George Corbett. The concert raised close to \$500 for Parkinson Society Manitoba.*



# Living with Parkinson's Disease

by Charles Meade Junior  
Member, Parkinson Society Manitoba  
Bissett, Manitoba

When I was diagnosed with Parkinson's, I did not understand the disease. All that I first asked was if it was fatal. Learning it wasn't, I just said, "Let's roll with the punches, then." Four years later, I would not wish this disease on any creature.

I have since learned Parkinson's is a disease of the brain that affects the whole body. Normally, cells in the brain produce a chemical called dopamine that triggers nerve impulses that control muscle movement. For an unknown reason my brain has lost the ability to produce this stimulant. Or, as I say, I have as short in my wiring. As a result, it's hardening my muscles and restricting their movement.

There are multiple symptoms to Parkinson's. I have experienced freezing hand movement, lack of sleep, leg pains, depression, stooping and loss of balance.

I first noticed something was wrong when the phone I was holding would begin to bounce off my face. I soon realized my hands would pause in mid-motion. I dismissed the signs until they became too obvious to ignore any longer.

While a frustrating disease, I also find it fascinating that one part of my brain is ordering my hand to move while another part won't allow it. Why, I wonder, would my hand start pulsing during my morning routine of making and drinking coffee – expanding this simple task to 45 minutes – when all had been going normally moments before?

Other times, the disease takes over and starts me speedy walking, which happens when my body starts to lean forward (stooping) and I must use short, rapid steps to maintain balance. Once, while on my way to visit my sister in the hospital, speedy walk took over and my cane bounced off the floor like I was sending a telegraph. I was thirty feet past her room before I could stop. Back in my sister's room, she and my mother were holding their mouths trying not to laugh. "Go ahead," I said. "You know it's funny." And we all laughed together.



*Support of family and good friends help me move on and keep fighting. Every word of encouragement or bit of help is deeply appreciated.*

Parkinson's tests your inner strength to the extreme, but without a sense of humour and stubbornness inherited from my parents, the disease would have driven me crazy long ago. I am thankful that my parents have always been there for me.

I am also thankful to my friend "The Brand" for bringing me out of a very dark time. Her response to my venting was so unexpected that I had to laugh, and it shook me out of a depression.

Parkinson's can be a mind-torturing, personal battle. Although I experience new symptoms monthly, support of family and good friends help me move on and keep fighting. Every word of encouragement or bit of help is deeply appreciated.

It's very difficult to admit defeat, but I know this disease is going to win our battle eventually. However, I am going to fight every step of the way. I can promise myself that much.



# Parkinson Info on the Web

The world wide web offers a host of information. For more information about issues that affect people with Parkinson's or to learn about programs and services offered by other groups across the country, visit some of the sites below. *Please note that the following web links are for information only and do not represent endorsement of content by Parkinson Society Canada.*

## ASSOCIATIONS

CARP-Canada's Association for the 50 Plus  
[www.carp.ca](http://www.carp.ca)

Canadian Association of Occupational Therapists  
[www.caot.ca](http://www.caot.ca)

Canadian Association of Speech Language Pathologists and Audiologists  
[www.caslpa.ca](http://www.caslpa.ca)

Canadian Coalition for Seniors Mental Health  
[www.ccsmh.ca](http://www.ccsmh.ca)

The Canadian Council on Rehabilitation and Work  
[www.workink.com](http://www.workink.com)

Canadian Home Care Association  
[www.cdnhomecare.ca](http://www.cdnhomecare.ca)

Canadian Hospice Palliative Care Association  
[www.chpca.net](http://www.chpca.net)

Canadian Medical Association  
[www.cma.ca](http://www.cma.ca)

The Canadian Movement Disorder Group  
[www.cmdg.org](http://www.cmdg.org)

Canadian Neurological Sciences Federation (formerly the Canadian Congress of Neurological Sciences)  
[www.cnsfederation.org](http://www.cnsfederation.org)

Canadian Nurses Association  
[www.cna-nurses.ca](http://www.cna-nurses.ca)

Canadian Physiotherapy Association  
[www.physiotherapy.ca](http://www.physiotherapy.ca)

Dietitians of Canada  
[www.dietitians.ca](http://www.dietitians.ca)

## CARE GIVING

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

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

## GOVERNMENT OF CANADA

Government of Canada: Access to Travel  
[www.accesstotravel.gc.ca](http://www.accesstotravel.gc.ca)

Health Canada: Drugs & Health Products  
[www.hc-sc.gc.ca/dhp-mps/index\\_e.html](http://www.hc-sc.gc.ca/dhp-mps/index_e.html)

Health Canada: Natural Health Products  
[www.hc-sc.gc.ca/dhp-mps/prodnatur/index\\_e.html](http://www.hc-sc.gc.ca/dhp-mps/prodnatur/index_e.html)

Employment Canada: Compassionate Care Benefits  
[www.servicecanada.gc.ca/en/sc/ei/benefits/compassionate.shtml](http://www.servicecanada.gc.ca/en/sc/ei/benefits/compassionate.shtml)

Canada Pension Plan: Disability Benefits  
[www.servicecanada.gc.ca/en/sc/cpp/disability/disabilitypension.shtml](http://www.servicecanada.gc.ca/en/sc/cpp/disability/disabilitypension.shtml)

Veterans Affairs Canada  
[www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)

Public Health Agency of Canada: Division of Aging & Seniors  
[www.phac-aspc.gc.ca/seniors-aines/index\\_pages/whatsnew\\_e.htm](http://www.phac-aspc.gc.ca/seniors-aines/index_pages/whatsnew_e.htm)

## RESEARCH AND JOURNALS

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)

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.cins.org](http://www.cins.org)

Canadian Medical Association Journal CMAJ  
[www.cmai.ca/iamc](http://www.cmai.ca/iamc)

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

@Parkinson Society Canada 2008



# Programs & Services

Thanks to all the volunteers who organized and hosted programs and services over the past year. Your caring has touched many lives. We look forward to the return of all volunteers and participants when programs resume in September 2008. 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”** meet the last Monday of the month at the River East Health Access Centre at 6:30 p.m.  
Contact Nellie Allen at 661-1082

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

### Outside Winnipeg:

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

**Hamiota Support Group** meets the 4th Thursday of each month at the Hamiota Health Centre.  
Contact Jean Strachan at 764-2142

**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** meets the 2nd Saturday of each month.  
Contact Howard Koks at 1-866-999-5558

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

### Winnipeg:

Silver Heights Community Club, 2080 Ness Ave.  
Drop in Tuesdays from 2:00 - 3:30 p.m.  
Contact Laura Friesen at 897-9896 or John Cooke at 895-1783

Eastview Community Church, 3500 Devries Ave.  
Drop in Mondays from 2:00 - 3:30 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.  
Contact Ken Fisher at 269-6928

### Parkinson’s Exercise Program at the Wellness Institute

A program for living better with chronic disease.  
Call 632-3927 for information

**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

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 offices at 204-786-2637 if you would like more information on planned gifts.*



A GIFT OF *hope*  
FOR TODAY AND TOMORROW

 Parkinson Society Manitoba  
Société Parkinson Manitoba



Parkinson Society Manitoba  
Société Parkinson Manitoba

#302-171 Donald Street Winnipeg MB R3C 1M4

T: 1.204.786.2637

Toll free 1.866.999.5558

F: 1.204.786.2327

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