



# Talk Among the Tulips

A NEWSLETTER FOR THE PARKINSON COMMUNITY OF MANITOBA

## Parkinson Society Manitoba Continues Program Expansion



Steinbach 55+ Centre

### PRIOR CENTRE

40 Royal Road North  
Portage La Prairie

Parkinson Society Manitoba is pleased to announce that it now has support groups operating in Portage La Prairie and Steinbach. Both groups have been meeting since September, 2010 and have been well attended. For meeting times and locations on these or any of the Parkinson Society Manitoba support groups go to page 15 or visit our revised website at [www.parkinsonmanitoba.ca](http://www.parkinsonmanitoba.ca).

Special thanks to Laurel Black for initiating the Portage la Prairie group. Thanks also to the Herman Prior Centre in Portage and the Senior 55+ Centre in Steinbach for the generous use of their facilities.

### Why Join a Support Group?...

“The Parkinson Support Group is a fantastic group of people who share stories and have fun.

Who knows more on how to support others than those affected.

If you haven't joined a group yet ... do it soon. It really helps!”

*Mick and Trish Tierney  
New Support Group Members*



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

# Chief Executive Officer Message

Over the past few years Parkinson Society Manitoba (PSM) has gone through significant growth during a period where many non-profits have struggled due to the economy. We have undertaken an aggressive program expansion and our SuperWalks and Annual Regional Conference continue to reach record numbers each year. In fact, the Manitoba SuperWalks have been among the fastest growing in the country.

Part of this growth has been driven by increased advertising and promotion but also largely by word of mouth. When purposeful individuals work together others will want to get on board and currently that is the single greatest strength of this organization. PSM is being driven by **generosity** and **need** - the **generosity** of volunteering, donating, and members helping other members – and the **need** to move towards a cure and provide high quality programs and support to those living with Parkinson's today.

Growth also requires leadership. As CEO I have the opportunity to meet and spend time with many of our organization's leaders from across the province. I've met people from all walks of life who have taken ownership of the organization with activities ranging from providing refreshments at meetings to organizing entire Superwalks and everything else in between you can imagine. It is these everyday heroes who have lead PSM's growth during the past few years. Thank you so much for your efforts!

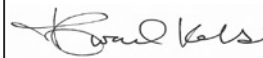
PSM is also very fortunate to have strong leadership at the board level. I mention this as it is important for the membership to know about the diligence and genuine care its board members have been providing. Your board functions in a very practical, understated manner. Like you, all board members have either been diagnosed with Parkinson's or have experienced a family member or friend diagnosed with the disease.

Along with their governance responsibilities board members are also heavily involved as hands-on volun-

teers. For example, two members lead our annual Golf Classic - a hugely challenging volunteer position. Another member helped re-develop the PSM website while another sat on the National Advocacy Committee that helped secure \$15 million in federal funding towards a national epidemiological study. The list of their contributions could go on. If you are interested in finding out more about the PSM Board of Directors please feel free to give me a call or email. You may also want to glance below at the call for new board members.

I hope you enjoy this edition of *Talk Among the Tulips*.

Howard Koks, CEO



## Call for Nominations: Parkinson Society Manitoba, Board of Directors

The Nominating Committee of PSM is seeking nominations for members to serve on the Board of Directors.

The Board of Directors provides leadership by supporting the Mission of the Society, providing strategic direction, and stewarding resources.

Of particular interest are those individuals with previous board experience, ability to raise funds in major gifts and sponsorships, marketing, and public affairs.

Self nominations, agreed nominations and suggestions are welcome. Please submit a statement of interest to the Nominating Committee at Parkinson Society Manitoba, 7-414 Westmount Drive, Winnipeg., MB R2J 3A8 or at [AdminPSM@parkinson.ca](mailto:AdminPSM@parkinson.ca)

# Around the Province

## Westman

The Westman Area support group meets one Saturday a month at the Riverbank Discovery Centre at 1:30 p.m. Each meeting includes a presentation from a professional working to support those living with Parkinson's Disease.

A previous presenter included Kirk DeFazio, Athletic Director at Brandon University. Kirk discussed the importance of daily exercise for both those living with Parkinson's and their caregivers. Kirk also reinforced the benefits of implementing daily exercise to enhance well being, physical strength, and balance. He has developed a stretching and strengthening routine that was presented and reviewed with our members. Group members actively participated in the presentation and shared how they incorporate exercise into their daily lives. We hope to have Kirk continue to work with our group to develop and encourage regular exercise routines. See page 15 for dates and times.

## Brandon Library Reminder

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. The library was made possible by Parkinson Society Manitoba with funding from the Brandon Area Foundation.

## Portage La Prairie

The Portage la Prairie Support Group had its first official meeting in September 2010. The next meeting was in November and 17 people attended. The group has decided to meet four times per year and the next meeting is Tuesday, March 15 at 1:30 pm. All meetings are held at the Herman Prior Senior Centre, 40 Royal Road N. Please contact Laurel Black at 857-7795 if you have any questions about the support group. All people living with Parkinson's, their caregivers and other family members are encouraged to attend.

## Steinbach

On October 20 and November 24, 2010 the first Steinbach support group sessions in many years were held. Participants came from Steinbach and the surrounding area including Niverville, Blumenort, and La Broquerie. The November 24 session featured a presentation and discussion lead by Gary Funk, Pharmacist, from the Southeast Wellness Pharmacy.

The next session will be held on Wednesday, February 23, at 1:30 p.m. at the 55 Plus Senior Centre, #10 Chrysler Gate in Steinbach.

## Roblin

A very special volunteer. Parkinson Society Manitoba would like to thank Mary Topolnicky for many years of dedicated leadership of the Roblin Support Group. Mary is moving from the province and will be missed.

Mary, of course, has left the group in good hands. Please contact Marlene Shearer at 564-2593 or Lorrie Bergson at 937-8978 if you are interested in attending or have any questions.

## Our Mistake

*In the fall SuperWalk report we inadvertently listed Dennis Brugger of Brandon and Joan Rannick of Winnipeg as SuperStars having raised over \$1,000 dollars.*

*In fact, they are SuperStar Supremes having each raised over \$2,500!*

*Our apologies and thanks to Dennis and Joan—two great supporters!*

# Tax Credit Information

Many individuals living with Parkinson's are eligible for disability benefits and tax credits. In Manitoba some Caregivers are also eligible for a tax credit. Completing the forms carefully and providing the required documentation is essential. Third party agencies are available to help process these benefits but individuals are able to receive these benefits without hiring a third party agency. Below is an outline of the benefits, their general requirements and contact information.

## **Canada Pension Plan Disability (CPPD)**

CPPD provides a monthly payment for disabled workers who have made CPP contributors and their dependent children.

### **Basic Eligibility Requirements:**

Contributory:

- must make CPP contributions in 4 of the last 6 years on a minimum level of earnings (\$4,700 in 2010)
- with 25 years of contributions, the requirements are 3 out of the last 6 years.
- other provisions are available to assist client's to meet the contributory requirements.

Medical:

- must have a severe and prolonged mental or physical disability

An applicant must also be:

- under age 65. If between 60 and 65, eligible for Disability and not receiving the Retirement pension

### **Important Points to Remember when Applying:**

- Provide detailed information on day-to-day functioning and limitations
- Choose an appropriate physician to complete your medical report
- Provide any evidence supporting disability
- Complete contact information and ensure you provide proper documentation

### **Additional Details and Forms:**

#### Service Canada Offices

Visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) to get a list of offices and hours of service.

Call Toll Free: 1-800-227-9914 English

1-800-227-9915 French

1-800-255-4786 TDD/TTY

Mailing Address: PO Box 818 Station Main

Winnipeg, MB R3C 2N4

## **MANY THANKS**

Thank you to volunteers Diane Ksionzyk and Doug Martens for researching and preparing this tax credit information.

# Tax Credit Information

## Medical and Disability-Related

### Income Tax Information

These benefits are non-refundable Federal income tax credits. CPPD benefits arrive in the form of a monthly cheque, while these benefits result in reductions in the income tax paid

### **Disability Tax Credit (DTC)**

The disability tax credit is a **non-refundable** tax credit (NRTC) that reduces federal tax payable and provincial tax payable. NTRC is applied to an individual's income tax form on line 316. In 2009 this amount was \$7,196.00.

The credit can be transferred to your spouse or common-law partner or supporting person if it is not fully used to reduce your taxes payable.

Eligibility is dependent on ability to perform basic activities of daily living.

### **Basic Activities of Daily Living**

The basic activities of daily living are: walking, speaking, mental functions necessary for everyday life, hearing, feeding, dressing, eliminating (bowel or bladder functions)

The basic activities of daily living do not include general activities such as working, housekeeping, social or recreational activities.

## **How do you claim the DTC?**

There is an online questionnaire to determine eligibility at <http://www.cra-arc.gc.ca/disability/>

- You can claim the disability tax credit by attaching a completed Form T2201, *Disability Tax Credit Certificate*, to your income tax return, or
- You may send the form in at any time during the year for approval, this would allow for faster processing of your tax return if the DTC form is already approved.

### **More Non-refundable Tax Credits:**

Caregiver Amount (line 315)

Amount for Infirm Dependents (line 306)

Extensive list of eligible medical expenses (line 330)

### **If you require further information, you can:**

Check out the website at: [www.cra.gc.ca](http://www.cra.gc.ca)

See **IT-519**, *Medical Expenses and DTC for more detailed information regarding medical expenses and other related deductions.*

Phone for delivery of forms at 1-800-959-2221

Call General enquiries at 1-800-959-8281



# Manitoba's Primary Caregiver Tax Credit

Manitobans who act as the primary caregivers for family members and others may be eligible for a \$1,020 tax credit. This credit recognizes the vital effort of caregivers to those needing care.

## Eligibility

- The caregiver must be providing voluntary care for longer than three months to a person who requires at least Level 2 care as assessed under the Manitoba Home Care Program guidelines or through *Family Services and Housing* or by a health care professional.
- The care recipient must be living in a private home.
- The caregiver must reapply if there is a break in providing care of longer than three years.
- Only 1 caregiver per care recipient and a maximum of 3 care recipients per caregiver.

## Required Care Level Equivalent to Home Care Level 2 Care is required in at least 3 of the 4 Categories:

- assisting and/or supervising with routine activities such as shopping, transportation, meal preparation, laundry
- assisting and/or supervising with personal care such as bathing, feeding, dressing, grooming/hygiene, mobility, transfers, toileting/elimination, medications
- arranging for supports/system navigation/community access such as recreational activities, support groups, medical follow up, counseling
- providing regular and sustained advice, decision making or emotional support

## For general information:

- Call the care recipient's local regional health authority
- Call At Your Service Manitoba at 1-866-626-4862
- Visit <http://www.gov.mb.ca/finance/tao/>
- *FSH enquiries: call 204-523-5230; toll free at 1-800-563-8793; TTY at 204-948-3698 or 1-800-855-0511 (Manitoba Relay Service), or via email at [incsup@gov.mb.ca](mailto:incsup@gov.mb.ca).*

## For information on your income tax claim contact:

The MB Tax Assistance Office at (204) 948-2115 or toll free at 1-800-782-0771 or email [TAO@gov.mb.ca](mailto:TAO@gov.mb.ca).

# Partners for Parkinson's Monthly Giving Program Now Available

Every gift makes a difference. Your donation to Parkinson Society Manitoba (PSM) contributes directly to our efforts for creating positive change in the lives of those living with Parkinson's in our province.

**Why choose monthly giving?** Monthly giving is especially valuable to our programs and services. Your monthly gift helps fund programs year round so that we can make long term commitments to provide service and support to those who need it – when they need it. It's also a convenient way to make smaller monthly contributions which lead to a more impactful annual gift.

**How do I make a monthly contribution?** Either through your bank account (we just need a void cheque to set this up) or on your credit card.

**When do I receive a receipt?** You will receive a single tax receipt for all your annual donations in February to help keep your tax documents organized.

**What if I need to change or cancel my gift?** You are in complete control – you can cancel your gift at any time or change the amount by calling us at 786-2637 or toll free at 1-866-999-5558.



Clip and mail to: Parkinson Society Manitoba  
7-414 Westmount Drive  
Winnipeg, MB R2J 1P2

I would like to join with a monthly gift of: \$10 \_\_\_\_\_ \$20 \_\_\_\_\_ \$50 \_\_\_\_\_ Other \$ \_\_\_\_\_

**OPTION 1:** Please withdraw this amount \_\_\_\_\_ from my **BANK ACCOUNT** each month. I have enclosed a cheque marked **VOID**

**OPTION 2:** Please charge this amount \_\_\_\_\_ from my **CREDIT CARD** each month.

**Credit card #:** \_\_\_\_\_ **Expiry Date** \_\_\_\_\_ **\_\_\_\_\_ Visa or \_\_\_\_\_ MasterCard**

**Name on Card:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Province:** \_\_\_\_\_ **Postal Code** \_\_\_\_\_

**Phone#:** (\_\_\_\_) \_\_\_\_\_ **email:** \_\_\_\_\_

# Caring for a Loved One as Parkinson's Advances

*First Person – Carmel Boosamra*

Carmel Boosamra thought she had read everything she needed to know to assist her husband Frank on his journey with Parkinson's but she didn't know the half of it. "I hadn't even scratched the surface," she says, recalling some of the challenges.

**Economic impact.** Frank had to sell his business. He had been a pioneer in supplying and installing solar control window film in the Ottawa area. "Having him lose his source of income was pretty traumatic for both of us."

**Loss of driver's licence.** When the doctor notified the Ministry of Transportation that Frank should no longer drive because of muscle rigidity and some cognitive decline, "that had a bigger impact on Frank psychologically than anything else. Whenever anyone asked him what was the worst thing about dealing with Parkinson's, he would say, 'losing my driver's licence'."

**Co-existing health problems.** Frank had heart bypass surgery 10 years before he was diagnosed with Parkinson's in 1992, at age 52. He also had insulin-dependent diabetes and, in 1999, required surgery to amputate his foot. "The anaesthetic played havoc with his Parkinson's."

**Medication management in the hospital.** "There was a big problem trying to get the meds on time every time Frank was hospitalized." Carmel recalls being stunned when a medical resident asked her how long her husband had been having psychotic episodes. The incident spurred her determination to educate and advocate on behalf of people with Parkinson's. "During all the hospital stays, getting medication on time was a constant battle with the medical staff."

**Medication management at home.** "As the Parkinson's medications were no longer effective, the neurologist kept trying different drugs to see what worked best but Frank would get severe hallucinations which I found very frightening. The neurologist was a great asset to me because he took the time to help me understand what was going on. At one point, Frank was on three different types of drugs but eventually it came down to one."

**Safety concerns.** "Frank was home alone while I was at work. He was falling all the time and he was hallucinating. I never knew what to expect when I came through the door at the end of my day. One time I came home and found everything removed from the china cabinet and packed away in boxes. Frank was cooking in the kitchen and something was burning in the oven but he didn't realize it. He was in his own little world and he was paranoid that someone was coming to take everything away. It was then that I decided this isn't good. We need to find a solution. Luckily, we had been receiving home care for three years, so they were ready to place Frank into a care facility as soon as I called them."

**Power of attorney.** "Power of attorney was something that we both discussed and planned. We arranged it while Frank was fully capable of making that decision, which made the whole process easier for me emotionally. We set up a power of attorney for finances/property and a power of attorney for personal/healthcare decisions. I highly recommend these legal avenues. Some people may feel it means giving up their legal rights or voice but it doesn't have to be, as it is not used all the time but is available when needed."

Continued next page...

# Caring for a Loved One as Parkinson's Advances

**Planning ahead for future care.** “From the start, Frank was realistic and practical when it came to his care and future needs. We had visited care facilities and decided together which one we wanted him to go to. When it was time to move, we didn’t get his choice at first, but we eventually got the one we wanted.”

**Dealing with symptoms of advanced Parkinson's.** “The saddest day for me was the day we went to see his neurologist and the neurologist told me that Frank had Lewy body dementia, which can happen in late-stage Parkinson's. That was in fall 2007. From that point on, Frank just faded completely. I could see that he wanted to say something to me but he couldn't get the words out; his cognitive ability wouldn't allow him to form the words. As a partner and as a caregiver, it was tough knowing he had lost that ability to communicate verbally. After a time, I got used to it. He communicated to me through his eyes. I could tell what he wanted to say just by the look in his eyes.”

**Scarcity of information.** “I wish I had known more about Lewy body disease. It was there long before it was diagnosed but I had no information to help me understand it. There was no resource available to tell me about advanced Parkinson's, such as what to look for when someone starts having swallowing problems. I watched these things happen gradually to Frank but I think I would have accepted it better if had some knowledge about it.”

**The toughest issue.** “The loss of the person. In the last year of Frank's life, I went to see him every day and held his hand. Our relationship was now simply holding hands. It was very sad. It's human instinct to just persevere when you're faced with circumstances like that with the person you love but I don't know how I got through that.” Frank Boosamra died in July 2008.

Asked if there is anything she would do differently, Carmel says, “I did everything that was humanly possible, as a caregiver advocating for Frank, making sure we got home care when they wanted to reduce the hours, advocating with the doctors and nurses in the hospital to ensure he got his medication on time. My advice to anybody who is caring for someone with late-stage Parkinson's is to keep advocating for them and treat each moment you share with your loved one as a precious time.”

Carmel currently serves on Parkinson Society Ottawa's board of directors and is a member of the Ontario Advocacy Committee. She says, “Because I experienced and saw the misunderstanding and lack of knowledge about Parkinson's that's out there in the general public and in our government policymakers, I feel it's a public service, on my part, to become involved and do something about that.”



Frank and Carmel Boosamra

Reprinted from *e-Parkinson Post*, Parkinson Society Canada's electronic newsletter.

Go to <http://parkinsonpost.com/> to find out more about this valuable on-line resource.

# Parkinson's and the Internet

The internet can be a great resource for any number of topics including gathering information on how to approach your individual management of Parkinson's. However, there are dangers that come from relying on the internet in your management and treatment of Parkinson's. People must digest all information – online and otherwise critically, rather than just accepting it as fact.

It seems that there is new information being circulated on the internet and through other media on a daily basis proclaiming that the next great medical breakthrough has been found, and while there is legitimate reason to be excited about many of the new discoveries in Parkinson's research, there is also a need to view information, particularly that found on the internet, with a critical eye.

People living with Parkinson's, like many other chronic conditions are hopeful that new developments will help them better manage their condition. Unfortunately there are those that try to exploit this hope with ambiguous treatment claims based on individual client success claims and pseudoscience.

Claims based on personal testimonies can be moving and inspiring, but they can also be misleading. People putting hope, money and energy into a treatment are more likely to assume that there is improvement in their condition, so that they feel that their efforts are worthwhile. Thus, reports of better symptom management through a certain therapy may be inflated. Also, when people take

a treatment that they truly hope and believe is effective there is a risk for a *placebo effect*; optimism about the results of a treatment can in itself make some people feel better in the short term.

The benefit of a rigorous, scientific evidence based approach is that it can account for these typical problems associated with personal testimonies and are more effective at ensuring that treatment effects are real and safe. Although it takes time, if a medicine has gone through the process of a complete clinical trial it means that you and your doctors have access to information about the successes and benefits of a form of therapy as well as its potential side effects.

PSC supports, peer-reviewed information published in scientific journals. When looking at claims being made on websites selling treatments, if it sounds too good to be true – it probably is. Because there is no known cure for Parkinson's, one must be highly suspicious of any testimonials claiming to be a cure.

*Original article by Jon Collins, Community Development Coordinator Central (York Simcoe) appeared in the Parkinson Society Central & Northern Ontario newsletter Live Wire, Spring 2010. This version has been shortened due to space restrictions.*

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

# 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**

**WWW.YOUNGPARKINSONS.ORG**



## HELPFUL ON-LINE RESOURCES

Parkinson Society Canada; [www.parkinson.ca](http://www.parkinson.ca)

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)

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

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

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/)

# ANNUAL CONFERENCE 2011

## 2011 Annual Regional Conference Balancing Mind, Body & Spirit



**Saturday, April 30, 2011**

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

(registration opens at 10:00 am)



**Norwood Hotel**

**112 Marion Street, Winnipeg**

**Registration Brochures will be mailed out in late February**



## Donating Securities

### It makes good financial sense

Canadians tend to think of cash when making donations but the giving of securities is highly attractive and often a superior alternative to cash in terms of benefits to the donor.

When you make a gift of securities, you not only benefit from the tax credit, but you avoid paying tax on the capital gains accumulated on the securities.

In order to take advantage of the capital gains tax reduction, you need to donate the securities directly to Parkinson Society Manitoba rather than selling the securities and donating the proceeds of the sale.

The decision of government to allow donations of publicly-listed securities to be exempt from capital gains taxation has proven to be a major incentive for charitable giving in Canada.

#### For more information contact:

Howard Koks, CEO, PSM at 786-2637 or 1-866-999-5558 toll free

# Local Theatre

*In March, 2011, Winnipeg Playwright Daniel Thau-Ellef will be presenting a play called King's Park that involves Parkinson's disease. Thau-Ellef was interviewed for Talk Among the Tulips in December 2010:*

**Q: How did you get into writing and theatre?**

I got into theatre in university. I took a theatre course, I was cast in a play and I was hooked. I've acted in, directed, assistant-directed or written about 20 shows since then. I started writing because I wanted to do a one-man-show, so I co-wrote and performed a personal/political monologue called *Three Ring Circus*, and last spring I put on a dark comedy / murder-mystery I wrote called *Remember the Night*.

**Q: Tell us a little bit about King's Park and what inspired you to write it?**

*King's Park* is about fathers and sons, doctors and patients, health and illness, heroes and villains. My father is a doctor and, when I started writing *King's Park*, he had recently been diagnosed with Parkinson's. So I became interested in the idea of what happens when a doctor, whose life revolves around treating other people, is diagnosed with a serious, life-changing illness? It's kind of a coming-of-age story, or a coming-to-terms story.



**Q: Most readers of this newsletter have been impacted by Parkinson's. How do you think they may view the play vs. someone who is unfamiliar with Parkinson's?**

I'll be interested to find that out. I think, ultimately, the struggles in this play are ones everyone can relate to, but the event that kick-starts this character's journey is that his finger tremors. I think themes and experiences in the play will be familiar to people affected by Parkinson's and they'll resonate in a different way than they will with other audience members.

**Q: When and where is the play running?**

*King's Park* will run March 17-27, 2011 at the Rachel Browne Theatre. For more, see [www.movingtargettheatre.com](http://www.movingtargettheatre.com).

*Photo credits:* Andrew Sikorsky (Black and White), Leif Norman (Colour)



**Thank you** to all the volunteers and community workers who organize and host programs. Your caring continues to touch many lives. Pictured here is group leader Laurie Green (standing) at the St. James December holiday celebration.

## More News

### New St. Boniface/St. Vital Exercise Program



Parkinson Society Manitoba is pleased to announce a new exercise group in the St. Vital/St. Boniface area



Weekly drop-in sessions are on Thursdays at St. Mary's Road United Church, 613 St. Mary's Road from 1:30 p.m. to 3:30 p.m.

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.



### Sponsor Spotlight



Parkinson Society Manitoba has been fortunate to have Lawton Partners as Gold sponsor of its Annual Golf Classic for the past 7 years. Along with providing financial support for the event, they have also been active participants by putting multiple teams in the tournament and helping to design the dinner program each year. "The support of Lawton Partners has been crucial to the success of the tournament and is greatly appreciated – they set an impressive standard" notes Marc Pittet, co-chair of the Annual Classic. "Lawton Partners is especially proud to help an organization like Parkinson Society Manitoba where we can see how the dollars are going directly to help people living with Parkinson's in our community" says Terry Snell (Principal, Lawton Partners, pictured on right).

### Want to help out?

This year's tournament will be held on Monday, June 27 at Niakwa Country Club. Each year the organizing committee is looking for prizes, sponsors, golfers, and on-course volunteers. Please call the office at 786-2637 if you can help out or have any questions.

# Programs & Services

## SUPPORT GROUPS

### Winnipeg:

**River East “Movers and Shakers”** meets at 6:30 p.m. on the last Tuesday of the month at McIvor Avenue Mennonite Church, 200 McIvor (corner of McIvor and Henderson). Next meeting is Tuesday, March 29.  
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

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

### Across Manitoba:

**Morden Support Group** meets the second Friday of the month at the Morden Friendship Centre, 1:30 p.m.  
Contact Pat Plett at 822-3555

**Roblin Support Group** meets the first Monday of each month at the Chicken Chef.  
Contact Marlene Shearer 564-2593 or Lorrie Bergson at 937-8978.

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

**Westman Support Group** meets 1:30 p.m. on Sat., Feb. 12 at the Riverbank Discovery Center in Brandon.  
Contact Jenn Sherb at 761-0031

**Portage La Prairie Support Group** next meeting Tuesday, March 15 at 1:30 p.m. at the Herman Prior Centre.  
Contact Laurel Black 857-7795.

**Steinbach Support Group** meets last Wednesday of the month, 1:30 p.m., at the Steinbach 55+ Centre. Next meeting is Wednesday, February 23.  
Contact Howard Koks 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 St. Vital/St. Boniface**, Drop in Thursdays from 1:30—3:30 pm., St. Mary’s Road United Church, 613 St. Mary’s Road.  
Contact Karen Gilmour at 661-3896

**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

### Massage Therapy

This program is open to people with Parkinson’s for \$12 per session.  
Contact 772-8999

## Editorial Statement

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.

Inquiries or submission can be directed to

Howard Koks, CEO

Parkinson Society Manitoba

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

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

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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.*

7-414 Westmount Drive, Winnipeg MB R2J 1P2  
T: 1.204.786-2637      Toll free: 1.866.999.5558  
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