



# LiveWire



PARKINSON SOCIETY CENTRAL & NORTHERN ONTARIO

## Inside

SuperWalk Results.....3

Toronto SuperWalk Sponsors.....3

Top SuperWalk Teams and Walkers..... 4

Long-Term Care Challenge.....5

Dr. Hardacre—Importance of Memory... 6

Spotlight on Nora Fischer..... 7

Team Parkinson Update..... 8

Around the Region..... 9

Toronto Education Speaker Series..... 10

2011 PSCNO Volunteer Awards..... 11

Look for your complimentary copy of the 2012 Hope on Display calendar!

## Our Mission

*Parkinson Society Central & Northern Ontario works in partnership with Parkinson Society Canada and nine other regional partners across Canada to ease the burden and find a cure through research, education, advocacy and support services.*

Parkinson Society CNO  
4211 Yonge St. Ste 321  
Toronto, ON M2P 2A9  
www.parkinsoncno.ca  
800-565-3000 or 416-227-1200  
Charitable No: 10809 1786 RR0001

Livewire is published three times annually, in spring, summer, and fall. In the new year, expect our Spring edition in early March, our Summer edition in mid July, and our Fall/Winter edition in November.

## CNO SuperWalks Raise Over \$845,000!

Winter 2011



CNO is proud to be celebrating another successful SuperWalk! With over 3,000 participants in 23 walk locations, our walkers raised over **\$845,000.00** to help ease the burden & find a cure! Around our region there are many stories of success from SuperWalk. Here are a few:

- We are proud to announce a new TOP TEAM in Canada! Congratulations to the 19 members of Hughie's Hustlers who collectively raised an astonishing **\$41,000** at the Toronto walk! What a great accomplishment!
- CNO is also home to the TOP WALKER in Canada- Margot Greenberg! Margot has been an avid supporter of SuperWalk since 1994 and **this year she raised \$56,268!** Way to go!
- Congratulations to our other runners up! Kenny Bearg \$28,222, Nan Curtis \$22,097 and Harry McMurty who raised \$20,395!

- This year, three of our Support Groups in Northern Ontario decided to host mini walks during their weekly meetings to help raise more money for SuperWalk. Many thanks to those who walked in Kirkland Lake, Manitoulin Islands, and Timmins. Collectively an additional **\$2,093** was raised!

- Thank you to our new walk volunteers: Stephanie Ossanna (Belleville), Aysin Oztekin (Hamilton), Pauline Diamond (Huntsville), Kathy Morin (North Bay), and Anna Torontow (Thunder Bay).

- We hosted SuperWalks in three new communities across the region: Belleville, Collingwood, and North Bay. In total, these walks raised \$13,920 and engaged an additional 70 registered walkers.

- 2011 marked the first annual SuperWalk Long-Term Care Challenge. Nineteen retirement residences and long-term care facilities hosted fundraising events in their homes to help support the SuperWalk in their community. Overall, almost \$12,000 was raised.

- In addition to the success of the funds raised, CNO is home to 6 of the top 10 online walkers in all of Canada. Congratulations to Margot Greenberg, Kenny Bearg, Nan Curtis, Harry McMurty, Allison Nielsen Jessome, and Maureen Thun who collectively raised a total of **\$143,367!**

- CNO is also home to 5 of the top 10 online teams in all of Canada. Many thanks to all the members of Hughie's Hustlers, Team Bearg, The Parkinson Society Canada Employees, Bertha's Tulip, and Shake Your Booty, who collectively raised a total of **\$125,624!!**



Parkinson Society Central & Northern Ontario  
Société Parkinson du Centre et du Nord de l'Ontario

In Partnership with Parkinson Society Canada

# Parkinson Society Central & Northern Ontario



Parkinson Society Central & Northern Ontario

Société Parkinson du Centre et du Nord de l'Ontario

In Partnership with Parkinson Society Canada

## CNO ADVISORY BOARD

John Parkhurst	Chair
Sherri Brand	Co Vice Chair
AB Rustin	Co Vice Chair
Jackie Ruderman	Treasurer
Dr. Gordon Hardacre	Member at Large
Kathy Marlin	Member at Large
Stephanie Ossanna	Member at Large
Kate Pitfield	Member at Large
Larissa Ruderman	Member at Large
Lorraine Silk	Member at Large

## STAFF

### Chief Executive Officer

Debbie Davis 416-227-3373 [debbie.davis@parkinson.ca](mailto:debbie.davis@parkinson.ca)

### Community Development Coordinator Toronto

Naseem Jamal 416-227-3377 [naseem.jamal@parkinson.ca](mailto:naseem.jamal@parkinson.ca)

### Community Development Coordinator East

Diane Newman Reed 613-827-8421 [diane.newmanreed@parkinson.ca](mailto:diane.newmanreed@parkinson.ca)

### Community Development Coordinator West

Karen Dowell Ext. 3376 [karen.dowell@parkinson.ca](mailto:karen.dowell@parkinson.ca)

### Community Development Coordinator Central (York Simcoe)

Amanda Stanton Ext. 3371 [amanda.stanton@parkinson.ca](mailto:amanda.stanton@parkinson.ca)

### Community Development Coordinator North

Karen Boyer 705-645-9513 [karen.boyer@parkinson.ca](mailto:karen.boyer@parkinson.ca)

### Coordinator of Volunteers, Toronto

Louise LeBlanc Ext. 3304 [louise.leblanc@parkinson.ca](mailto:louise.leblanc@parkinson.ca)

### Coordinator, Client Services and Education

Sandie Jones, RN 416-227-3375 [sandie.jones@parkinson.ca](mailto:sandie.jones@parkinson.ca)

### Information & Referral Associate

Robert TerSteege 416-227-3372 [robert.tersteedge@parkinson.ca](mailto:robert.tersteedge@parkinson.ca)

### Accounting and Administration Coordinator

Stella Recchiuti Ext. 3301 [stella.recchiuti@parkinson.ca](mailto:stella.recchiuti@parkinson.ca)

### Major and Planned Giving, Senior Development Officer

Lorelei Wilkinson 416-227-3378 [lorelei.wilkinson@parkinson.ca](mailto:lorelei.wilkinson@parkinson.ca)

### SuperWalk and Event Coordinator

Melissa Campisi 416-227-3374 [melissa.campisi@parkinson.ca](mailto:melissa.campisi@parkinson.ca)

### Education Program Development Coordinator

Jon Collins 416-227-3370 [jon.collins@parkinson.ca](mailto:jon.collins@parkinson.ca)

The LiveWire newsletter is published to provide people affected by Parkinson's in Central & Northern Ontario with helpful information. It is not meant to be medical advice and does not necessarily reflect the view of the Parkinson Society or the LiveWire Editorial Committee. Readers should contact their doctors in all matters relating to health concerns and/or medication.

The Editorial Committee is made up of volunteers and staff. The Committee welcomes feedback on current and past issues, as well as suggestions and submissions for future issues.

LiveWire is offered in both hardcopy and electronic form: **please let us know if you prefer to receive it electronically.**

Contact us at 1-800-565-3000 ext. 3371, or email to [livewire@parkinson.ca](mailto:livewire@parkinson.ca)

**Next submission deadline is February 15, 2012.**

Parkinson Society Central & Northern Ontario is grateful for the support of the Brampton Support Group who have sponsored the publication of LiveWire for 2011.

## PSCNO: What We Do

### Advocacy:

Our Ontario-wide Advocacy Committee has the following objectives:

1. Influence the behaviour of key government officials and agencies in support of people living with Parkinson's.
2. Influence the behaviour of Ontario MPPs in support of people living with Parkinson's.
3. Strengthen the scope and capacity of the Ontario Advocacy Committee.
4. Ensure consistent, coordinated advocacy communications across Ontario.
5. Build strong relationships with the Local Health Integration Networks across Ontario.

### Education:

Our goal is to bring excellent seminars and conferences to different areas in the region so that this information is readily available. We strive to provide four to six sessions each year in addition to the smaller sessions offered during support group meetings.

Sessions during 2011:

- Thunder Bay, April
- Royal Botanical Gardens (Hamilton/Burlington), May
- Collingwood, May
- Durham Region, May
- Toronto Speaker Series, July through October

### Support Services:

We provide consistent and excellent support to people living with Parkinson's and their families to make their lives better.

- Constantly updated Website
- Information & Referral line that fields approximately 6,000 calls and emails every year and sends out personalized information packages
- Individual support as required
- Regional newsletter sent out free of charge three times a year
- Support group network—40+ in the region—including newly diagnosed, young onset, and carepartner groups
- Fundraising and awareness events
- In-service sessions provided to healthcare professionals, specifically the new *Get it on time* program currently intended to educate staff at LTC facilities about the need to get medication **on time—every time.**

### Research:

Parkinson Society Central & Northern Ontario fully supports the National Research program and sends all research donations to support this program:

*Parkinson Society Canada (PSC) strives to make an impact on the Canadian Parkinson's research community by working as investors in Canadian Parkinson's research potential. By funding meaningful and innovative projects and promising young researchers in their professional development, PSC aims to encourage continued growth and revitalization in the fields of Parkinson's research in Canada.*

***Thank you for your continued support!***

***PSCNO could not fulfill its mission to ease the burden and find a cure without the generosity of its donors and volunteers!***

# SuperWalk Results

SuperWalk could not have happened without the help of our fantastic walk committees, walkers, participants, teams, media supporters, volunteers, and sponsors. Many of these individuals gave their time freely to ensure that SuperWalk was a tremendous success, and we sincerely thank them for all of their hard work and commitment to this fabulous event.

Remember to visit [www.parkinsonsuperwalk.ca](http://www.parkinsonsuperwalk.ca) in early April 2012 to register for a SuperWalk in your community.

**Parkinson Society Central & Northern Ontario would like to thank the Toronto SuperWalk Sponsors who helped bring us closer to a cure!**

**Gold**

CBRE CB Richard Ellis  
Menkes Developments  
Rio Can

**Silver**

STATE Building Group

**Bronze**

CanFirst  
CaTech  
CentreCourt Developments  
GPM Investment Management  
Mobile Business Communications  
M-O Freightworks  
Sears Canada  
Taoist Tai Chi Society

Alliston.....	\$5,120
Barrie.....	\$23,508
Belleville.....	\$7,162
Bracebridge.....	\$13,374
Burlington.....	\$72,114
Collingwood.....	\$2,929
Durham Region.....	\$90,881
Georgetown.....	\$13,502
Guelph.....	\$27,030
Hamilton.....	\$24,747
Huntsville.....	\$6,275
Kingston.....	\$24,979
Kirkland Lake.....	\$500
Manitoulin Island.....	\$1,170
Newmarket/Aurora.....	\$30,685
Niagara.....	\$19,488
North Bay.....	\$3,829
Peel Region.....	\$43,540
Peterborough.....	\$53,118
Sudbury.....	\$11,027
Thunder Bay.....	\$6,989
Timmins.....	\$423
Toronto.....	\$363,351



**Total - \$845,741**

# SuperWalk Success

We are so proud of all of our dedicated walkers and grateful for all of the hard work that each and every one of them puts into fundraising for SuperWalk.

See below for a list of the top walkers and top teams from each of our walk locations.

## Top Teams

<i>Barrie</i>	The Farm Team
<i>Belleville</i>	Belleville's Best
<i>Burlington</i>	Mo's Angels
<i>Collingwood</i>	Team Desnoyers
<i>Durham Region</i>	Bertha's Tulip
<i>Georgetown</i>	Movers and Shakers
<i>Guelph</i>	Saskmacks
<i>Hamilton</i>	Team Dorricott
<i>Huntsville</i>	Sundridge Parkinson Pacers
<i>Kingston</i>	The Walking Runnings
<i>Newmarket/Aurora</i>	Team Irish
<i>Niagara</i>	Late for Gym Class
<i>Peel Region</i>	Awesome
<i>Peterborough</i>	The Northumberlands
<i>Sudbury</i>	Louise's Team
<i>Toronto</i>	Hughie's Hustlers



## Top Walkers

<i>Alliston</i>	Robert Nicholls
<i>Barrie</i>	Hazel Newport
<i>Belleville</i>	Brooke Miller
<i>Bracebridge</i>	Eleanor Douglas
<i>Burlington</i>	Allison Nielsen Jessome
<i>Collingwood</i>	Martha Mackay
<i>Durham Region</i>	Cheryl Hinzal
<i>Georgetown</i>	Alan Farmer
<i>Guelph</i>	Erven Mackintosh
<i>Hamilton</i>	Terry Smith
<i>Huntsville</i>	Pauline Diamond
<i>Kingston</i>	Joe Davis
<i>Newmarket/Aurora</i>	David Gallagher
<i>Niagara</i>	Catherine Annable
<i>North Bay</i>	Stan Langlois
<i>Peel Region</i>	William McIlroy
<i>Peterborough</i>	Vivian Heinmiller
<i>Sudbury</i>	David Rackman
<i>Thunder Bay</i>	Anna Torontow
<i>Toronto</i>	Margot Greenberg



We are always looking to expand our horizons and include additional walk sites in our fundraising campaign. If you would like to take on the exciting challenge of bringing SuperWalk into your community, please contact Melissa Campisi at (416) 227-3374 or [melissa.campisi@parkinson.ca](mailto:melissa.campisi@parkinson.ca)

## Parkinson SuperWalk Long-Term Care Challenge

We are proud to announce that the winner of this year's challenge is the retirement community of Lookout Ridge in Fonthill. Over \$2,800 was collected from the residents in the home and was contributed to the Niagara Region SuperWalk.

We would like to thank all of the following retirement homes that supported SuperWalk and participated in the challenge.

**Helen Henderson Care Centre Lodge, Amherstview**

**Simcoe Manor, Beeton**

**Roberta Place, Barrie**

**Streamway Villa, Cobourg**

**Lookout Ridge, Fonthill**

**Rideaucrest Home, Kingston**

**Palisades on the Glen, Mississauga**

**Marina Point Village, North Bay**

**Meadows of Dorchester, Niagara Falls**

**Cavendish Manor Retirement Residence, Niagara Falls**

**Belvedere Heights Long-Term Care, Parry Sound**

**Red Oak Villa, Sudbury**

**Extendicare Guildwood, Toronto**

**The O'Neill Center, Toronto**



O'Neill Center Walk in Christie Pitts, Toronto



Belvedere Heights Walk & Roll



Parkinson Society Central & Northern Ontario would like to sincerely thank Subway Restaurants for providing eight of our walk sites with 6-inch subs for our participants!





### The Importance of Memory—A *Personal Experience*

**Gordon D. Hardacre,  
MD, CCFP, FCFP**

My column has not appeared in a while; what follows might clarify why. Now 15 years since I was diagnosed, Parkinson's displays its full triple form; motor, autonomic, and

neuropsychiatric features manifest themselves almost daily. In the motor domain, my tremor and slowness are more frequent, as are momentary freezings and episodes of gait festination when in confined spaces. Autonomic events such as sudden sweats (or feeling chilly when others aren't) or sudden bowel or bladder urges, or momentary spells of postural hypotension with light-headedness, might occur without warning. Sleep is often broken up; at times I feel consumed by anxiety. And, to the dismay of my wife, the above "off" periods can be preceded or followed by dyskinesias. That's the bad news.

However, I feel that my basic personality, memory, intellect, and choral singing ability (I've told you about that) remain intact; for these blessings I am grateful. Indeed, at the 1996 onset of then-subtle symptoms, my medical training led self-diagnosis suspicions down the very scary road to the possibility of ALS. Not surprisingly, I felt almost elated to hear not ALS, but "Parkinson's," from the neurologist's lips. My "gratitude" extends to this day; after all, I'm still here and typing away!

That was then, this is *now*; the times are different. I am me, you are *you*. We are *all* different—as different in our disability and in our PD features and "life-paths" as we are in our basic human-ness.

By 2006, ten years with PD forced me to leave my medical practice and teaching, a most unhappy event. Soon thereafter, I underwent a full neuropsychologic assessment—you know, the six-hour battery of tests of memory, comprehension, word usage, general knowledge, logical deduction, calculation, shape construction, facial interpretation, etc. Fortunately, my scores were almost "off the scale" (the good end).

Repeat testing in 2009, though still showing good results overall, demonstrated mild declines in some areas. Uh-Oh! My functioning needs to be watched. Outright Parkinson's dementia is, we know, very taxing and distressing in so many ways to the patient and to the family.

It was embarrassing that, during 35 years of doctoring, I found the leisure time to read very few non-medical books, and not a single novel among them. Such did my career envelop me, except for some skiing, golf, baseball-playing, occasional concerts or live theatre, and dog-walking. It comes then as no mean pleasure for me, in retirement, to enjoy many books, especially well-contrived mysteries. With time, my tastes are broadening. Still, I sometimes have trouble with simultaneous "multi-tasking," with activities requiring rapidity, or with the memory strength demanded by complex literary plots. When consuming a thick tome, my helpful "trick" is to list the name and first-page-of-mention of any new major character, so that I can later resume my read without having totally forgotten transpired events. I also occasionally experience short-term memory deficits. So I think ahead and make careful preparations for events in advance, and I make **lists**, despite being teased.

My long-term memory is good. This I highly treasure, and I commend to you the polishing of your own memory (both short- and long-term), employing whatever techniques you find helpful. Expanding your subjects of interest, reading, quizzes, and games are all recommended for memory enhancement. Social interaction is vital! Warm, rewarding memories are important elements of emotional satisfaction, and remain so over our lifetime. Though I'm not a photography "doer," many of my best memories are fortified by snaps of my own childhood, of grinning grandchildren, of family dinners, or of our favourite vacation spots. Organize, cultivate, and cherish your own memories!

**Artists Wanted for  
Hope on Display 2012**  
Please contact Karen Dowell at  
1-800-565-3000 ext. 3376

## Creating a Balanced Life—Spotlight on Nora Fischer

When Nora Fischer found out that she had Parkinson's, she made a very important decision. Nora decided that she wouldn't let the disease change the way she lived her life. Her goal was to remain active and continue to do all the things that were important to her. Thirteen years later, she continues to live life this way.

"I experience symptoms but I don't really think about Parkinson's," she said about living with the disease. "I just do what I normally do to love life!" Nora remains actively involved with her family which includes three grandchildren, two grown children, and two stepchildren.

Nora understands how each person's journey is unique and believes that, with the help of Parkinson Society Central & Northern Ontario (PSCNO) and the support programs it provides, there is indeed an art to living well with Parkinson's. That is why Nora decided to create a gift in her will to PSCNO for the future benefit of the organization. Nora also agreed to include one of her paintings in the new Hope on Display 2012 Calendar as well as covering all costs for the calendar so it can be distributed for free and build awareness of PSCNO's programs and services.

Ensuring that there are ongoing programs available to help those living with Parkinson's is easy and something everyone can do. These types of estate gifts—or planned gifts—can be created by anyone with an estate and are easy to set up, offering significant tax relief.

Estate and planned gifts allow people to continue to live their lives after they have begun to experience symptoms of the disease with the comfort of knowing that support services for them and their families will be available. Planned gifts also go to provide funding for important research so that people living with Parkinson's can lead the best possible life.

Nora has also taken the step to make a gift through a donation of publicly listed securities. This type of gift provides great advantages for both Parkinson Society and Nora. The funds are available to immediately use toward important work while Nora receives the benefit of an elimination of the capital gain on the securities that she would have paid if she sold them. This tax benefit along with the charitable tax receipt for the gift makes this type of support very attractive to individuals.

Nora discovered she had Parkinson's 13 years ago at age 70. Nora had been an accountant with the Canadian Broadcasting Corporation. As an avid art lover,

it was an interesting career as it allowed her to practice her "left brain" profession while exploring her "right brain" outside of work.

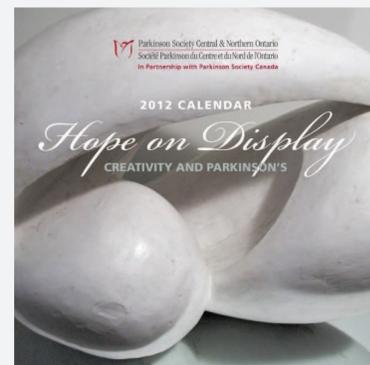
Through her life she has always been interested in the arts. This interest eventually led her to achieving an Art History degree from York University in 2000. This passion for art has also led her to provide financial support for PSCNO's upcoming Hope on Display Creative Expressions Calendar. This calendar shines the spotlight on Parkinson's support service programs that integrate creativity with therapy. The calendar will feature a wide assortment of creative outlets including painting, music, sculpting, dancing, writing, and gardening.

"As an accountant, using the left side of the brain, you arrive at answers by being analytical and logical," says Nora of her days working in the profession. "Accountants use details and facts. To balance the left side of the brain with the right, one must have feeling and imagination. A right-sided person is creative and artistic. The right side of the brain, using creativity, balances my feelings and what I do when analyzing figures. I was an accountant for the CBC; what a benefit working in the creative and artistic fields."

And now, even with Parkinson's, Nora continues to live both sides of her life—to the fullest.



### Look for your 2012 Hope on Display Calendar in this issue of LiveWire!



## Team Parkinson Designation Recognizes Fundraising Excellence

**TEAM PARKINSON** With the advent of our online Personal Event Management software and the dedication of a few tireless volunteers and their supporters, we have been blessed over the past 12 months to host some pretty remarkable fundraisers.



Parkinson Society Central & Northern Ontario  
Société Parkinson du Centre et du Nord de l'Ontario

**ÉQUIPE PARKINSON** Upon realizing that these fundraising milestones were beginning to occur more frequently, Parkinson Society Central & Northern Ontario has created the Team Parkinson designation to acknowledge fundraising excellence. Third-party event coordinators who raise in excess of \$10,000 will become a part of this club.

Since October of 2010, CNO has been able to recognize four event managers who have received support from their donors to the tune of \$10,000 plus. These events have spanned a broad range of experience, from supporting a hometown hero to climbing the peaks of Mt. Kilimanjaro.

Our Team Parkinson members will be honoured at a public event, and will have their event commemorated with a plaque on our Team Parkinson wall in our Toronto offices.

“It has been a real honour working with all of our third-party event fundraisers,” says Jon Collins, who works with the online personal event manager software. “We’ve been fortunate enough to have some events that posted astounding fundraising totals, and we’ve also had a number of events that have had great successes as well. Whether the event raises \$200 or \$20,000, everyone is supporting Parkinson Society for their own unique reason, and so far it has been a rewarding experience for both them and me.”

The online fundraising process is exciting and simple, and there are many benefits: it boasts an easy-to-navigate layout; has interactive opportunities with your supporters; minimizes administration costs; and allows you to promote, report on, and track the success of your event.

Funds from third-party events go directly to support our four pillars of research, support services, education, and advocacy, and are vital to our continued success at meeting the needs of people living with Parkinson's throughout the region.

Congratulations to all of our third-party event fundraisers and the members of Team Parkinson!



Event: 2500th Athens Classic Marathon

Date: October 2010

Participant: Jim Vlahos

Total Raised: Over \$13,000



Event: Kili Conquerors for Parkinson's

Date: February 2011

Participants: Kili Conquerors: Erica Curtis, Joyce Lindsay, and Joceylyn Green

Total Raised: Over \$40,000 (\$26,000 for CNO)



Event: Pedaling for Parkinson's in Parry Sound

Date: July 2011

Participants: Peter Istvan, David Newall, and friends

Total Raised: Over \$16,000



Event: Dollars for Dingers

Date: April–October 2011

Participant: Steve Plumley

Total Raised: \$11,000 and counting



Ramon Zaldivar of Scarborough, Ontario and his dog Jordan take a moment to celebrate the \$510 raised at his recent birthday party from supportive friends and family.

The **North York Support Group** is in the process of getting re-organized and re-energized and will re-open in early 2012.

A new **Scarborough Support Group** (Brimley & Eglinton area) is starting in 2012.

If you are interested in joining either one of these groups, please contact Naseem Jamal at 416-227-3377 or [naseem.jamal@parkinson.ca](mailto:naseem.jamal@parkinson.ca)

## The SuperWalk Shuffle

By Dave Rackham

Some of us shake, some of us shuffle,  
Standing up straight can be quite a struggle.  
But we are all here to fulfill the same role;  
That surely would be to shake, rattle and stroll.

We are the people with Parkinson's,  
Walking the journey of hope.  
It's not an easy path to follow  
But given no choice we usually cope.

We all have chosen to lead the way,  
In hopes that a cure will be found some day.  
We are people who won't complain,  
We are proud of our task and have no shame.

But we're only human and can't do it alone  
That's where our friends and family have shone.  
For they are all here walking by our side.  
Their hearts are genuine, with nothing but pride.

It's these people who give us support  
Who, through their generosity act as our escort.  
Today we would like to show our appreciation  
For helping us fight our daily frustration.

Today we will walk the very best that we can,  
For the money we're raising brings close at hand  
The cure that's been sought these so many  
years.

Now once again we'll stand tall and cheer

To thank all these people who are so dear.  
No matter the distance, in our heart they are near.  
They give of themselves asking nothing in return.  
Our admiration and devotion is what they earn.



Ashley Shim recently celebrated her 7th birthday. Instead of gifts, she asked her guests to donate to PSCNO in honour of her grandmother who has Parkinson's disease.



# Toronto Speaker Series

Our **TORONTO EDUCATION SPEAKER SERIES** was an overwhelming success with over 500 individuals registering for the various sessions over the summer and fall. The four different education sessions featured diverse speakers and topics:

July 13 – Jan Goldstein, physiotherapist: Practical Tips for Daily Living

August 10 – Janice Abramowitz, speech language pathologist: Lee Silverman Voice Therapy

September 14 – Dr. Soania Mathur: Shakin’ but not Stirred—Living with Young Onset Parkinson’s Disease

October 12 – Dr. Masellis, MSC, MD, FRCPC: Mind, Mood & Memory—The hidden challenges of Parkinson’s (To view Dr. Masellis’ presentation, please go to the Website link: [bit.ly/cnoTV](http://bit.ly/cnoTV))

## Here are some of the comments from our participants from the sessions:

“Dr. Mathur’s honesty and use of everyday terms—she is truly an inspiration for all PD sufferers.”

“Dr. Masellis’s presentation was very interesting and helpful in explaining Parkinson’s and the development of dementia, the diagnosis and treatment.”

## Thank you to our sponsors:



## Moments of Clarity

By Yvonne Mayhew

Although my hand won't hold the pen  
My legs won't move as well as when  
Thoughts appear, my mind is clear  
Not another living soul is here

I'm caught between a life or not  
Where medication calls the shot  
Sometimes I feel I've lost control  
Of how to care for this weakened soul

When the going gets rough I try to keep going  
On the outside smiling but inside knowing  
That my quality of life this will surely affect  
As I lay here and wonder how bad it will get

Memories linger now they're gone  
Time passes quickly it won't be long  
We're on the same path after all  
We'll need each other as we fall

My body used to glide and flow  
Now rigid and bent it moves so slow  
What once took seconds to be done  
A tedious chore it has become

We take it for granted just what we can lose  
How important it is the ability to move  
A decade has passed as I watch my decline  
No cure is in sight will I run out of time

The good die young or so they say  
Thoughts of loved ones passed away  
I miss them sometimes so you see  
They save a seat at their table for me

Life is returning now you see  
The meds are working I soon will be  
Able to move again for a little while  
Speeding at times in a peculiar style

Yes it's true we all have our crosses to bear  
Feelings of helplessness abundant out there  
We have to keep going the best that we can  
For this life is a test that deals us a hand

This disease is sometimes hard to bear  
Most people don't know or even care  
I'm locked in a body that does not perform  
To my standard of quality so I am torn

Out of control till the next pills are due  
Then I'll probably wear down a peg or two  
Constantly waiting for anxiety to subside  
Longing for peace from this roller coaster ride

At times I see clearly this path that I travel  
As a new day begins and starts to unravel  
The highs and the lows will begin very soon  
And I'll once again pull myself up to resume  
As I wait while the moments of clarity loom

**2011 PSCNO Volunteer Awards**



*Jim Long*

*Robert & Sylvia McNutt*

On May 25, 2011, we held a Volunteer Tea where we came together to celebrate all of the contributions of our volunteers.

In our last LiveWire, the winner of the Ian Davidson award (Maureen Thun) was featured. However, two other very deserving individuals were not included in the article.

The Derek Curwen Volunteer Award is presented in Derek's memory to volunteers who exemplify his fundraising expertise, ability to inspire and lead others, and whole-hearted support of Parkinson Society Central and Northern Ontario. The 2011 award was presented to Jim Long.

The Marilyn Forbes Volunteer Award is presented in Marilyn's name to volunteers nominated by their peers who exemplify Marilyn's dedication to their chapter, support of people living with Parkinson's, and the work of Parkinson Society Central and Northern Ontario.

The 2011 award was presented to Robert McNutt.

**If you are interested in planning an event with proceeds benefiting Parkinson Society Central & Northern Ontario, please contact us at 1-800-565-3000 ext. 3301, or 416-227-1200, or by email at [info.cno@parkinson.ca](mailto:info.cno@parkinson.ca)**

**Yes**, I will help support people affected by Parkinson's in my community. I've enclosed my gift of \$35 \$50 \$100 \$250 Other\$ \_\_\_\_\_

Cheque (payable to Parkinson Society Central & Northern Ontario) or VISA MasterCard Amex

Card No.: \_\_\_\_\_ Expiry Date \_\_\_\_\_ / \_\_\_\_\_ Signature: \_\_\_\_\_

This donation is made on behalf of: an individual a business

**Please complete the following information:**

Mr. Mrs. Ms. Miss: Other: \_\_\_\_\_ First Name: \_\_\_\_\_ Last Name \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

**Please sign me up as a monthly donor. I have completed the information above and understand the amount indicated will be charged to my credit card or deducted from my bank account on the 15th of each month (please enclose a void cheque for monthly direct withdrawals). Please begin deductions effective \_\_\_\_\_ (Month/Year)**

I would like to receive email updates about Parkinson Society Canada activities.

I would like to receive The Legacy, a free newsletter on financial and estate planning.

***Thank you for  
your support!***

**Please return your reply form with your gift today in the enclosed prepaid envelope.**

*Tax receipts are issued for donations of \$20 or more, or upon request. I understand that I can revoke or make changes to this authorization at any time in writing or by calling Donor Services at 1-800-565-3000 with 30 days notice. I have certain recourse rights if any donation does not comply with this agreement (i.e., I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this pre-authorized payment agreement). To obtain a sample cancellation form, or for more information on my right to cancel a pre-authorized payment agreement or my recourse rights, I may contact my financial institution or visit [www.cdnpay.ca](http://www.cdnpay.ca).*

LWIRE



### **Parkinson Society Canada bestows highest honour on Toronto volunteer**

Seven years after being diagnosed with young onset Parkinson's disease, Bev Lavender continues to put her passion and enthusiasm into making life better for people with Parkinson's. As Bev would say, "Parkinson's lives with me; I don't live with Parkinson's." Her positive message and commitment to the Parkinson's community earned her the 2011 Mimi Feutl Award, presented on October 12, 2011. The annual Mimi Feutl Award recognizes the efforts of community builders, like Bev, whose responsive care and provision of information and support has made life better for individuals living with Parkinson's and their families. Congratulations Bev!

### ***Tulip Hope in Bloom Workplace Campaign 2012***

Can you recommend someone at your company to be our Tulip Ambassador to help raise awareness and funds by promoting the purchase of fresh cut tulip bouquets or potted plants in the month of April?

Please send an email to [naseem.jamal@parkinson.ca](mailto:naseem.jamal@parkinson.ca) to request an information package for our Tulip 2012 Hope in Bloom Workplace Campaign.

### **WANTED: TULIP VOLUNTEERS**

Are you looking for a way to make a difference? Join our Parkinson's Hope in Bloom Campaign team as a **Tulip Volunteer**— either as the "Tulip Capitan" or simply by spending a few hours selling tulips. Contact Naseem Jamal, Community Development Coordinator Toronto: 416-227-3377 or [naseem.jamal@parkinson.ca](mailto:naseem.jamal@parkinson.ca)



### **Did you know?**

*LiveWire is now offered in both print and electronic forms. If you would prefer to receive the electronic edition, please contact [livewire@parkinson.ca](mailto:livewire@parkinson.ca) to be added to our email notification list.*

#### **LiveWire**

Parkinson Society Canada  
Central & Northern Ontario  
321 – 4211 Yonge St.  
Toronto, ON M2P 2A9

Canada Post  
Canadian Publications Mail  
Sale Product Agreement  
No. 40624078