

# LiveWire

PARKINSON SOCIETY CENTRAL & NORTHERN ONTARIO

Winter 2010

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## Our Mission

*Parkinson Society Central and 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.*

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800-565-3000 or 416-227-1200  
Charitable No: 10809 1786 RR0001

## CNO SuperWalk Totals

Alliston.....	\$8,183
Barrie.....	\$19,567
Bracebridge.....	\$17,517
Burlington.....	\$68,445
Durham.....	\$84,897
Georgetown.....	\$22,957
Guelph.....	\$28,975
Hamilton.....	\$27,589
Kingston.....	\$25,683
Midland/Orillia.....	\$13,030
Newmarket/Aurora.....	\$36,875
Niagara.....	\$23,560
Peel Region.....	\$57,080
Peterborough.....	\$50,288
Sudbury.....	\$9,382
Thunder Bay.....	\$6,147
Toronto.....	\$317,624

**Total \$817,799**

## CNO SuperWalks Raise Over \$817,000!

CNO is proud to be celebrating another successful SuperWalk! With over 3,000 participants in 17 walk locations, our walkers raised over **\$817,000** as part of **\$2.8 million** across Canada to help ease the burden and find a cure!

Around our region there are many stories of hope, inspiration, and success from SuperWalk. Here are a few:

- The Royal on Gordon retirement community staff, residents, and volunteers turned in a great effort raising over \$2,800 in support of the Guelph SuperWalk.
- The Huntsville support group decided to host their very first SuperWalk in support of the Bracebridge SuperWalk. 44 walkers raised \$5,000 and are looking forward to their first official Huntsville SuperWalk in 2011!
- Many thanks to the community of Lookout Ridge in Fonthill, who held their own SuperWalk at their residence in support of the Niagara walk. The team raised \$1,368!
- Diane Collins from the Durham Region SuperWalk was inspired by George and Beulah White. George was determined to be at the SuperWalk this year in spite of his deteriorating health. So he was there, in his wheelchair, revelling in the day. George died four days later having accomplished his goal.

Team Irish from the Newmarket SuperWalk outdid themselves fundraising this year. The team raised over \$20,000! A big thank-you to team members Martin Irish, who raised \$9,550, and David Gallagher, who raised \$6,000!

- Thunder Bay walkers took SuperWalk into the Intercity Shopping Centre this year and also raised funds through a spaghetti dinner. Both events raised over \$6,100!
- Niagara SuperWalk coordinator, Paul Pasmore, hosted a golf tournament to help raise funds for the Niagara walk, which this year raised 46 percent more than in 2009. Congrats!

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 2011 to register for the 2011 SuperWalk happening in your community!



# Parkinson Society Central & Northern Ontario



Parkinson Society Central & Northern Ontario  
Soci t  Parkinson du Centre et du Nord de l'Ontario  
In Partnership with Parkinson Society Canada

## CNO ADVISORY BOARD

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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 416-227-3372 or 1-800-565-3000 ext. 3372, or email to [livewire@parkinson.ca](mailto:livewire@parkinson.ca).

**Next submission deadline is February 15, 2011.**

## 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 2010:

- Burlington
- North Bay
- Toronto
- Barrie
- Belleville
- Niagara Falls

### 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 5,000 calls 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!***

## **Parkinson's' Disease Power Switch Located**

### **By Joseph Hall**

In a transformative new study, U.S. researchers have uncovered both the key cause and a promising treatment for Parkinson's disease.

The degenerative movement disorder occurs when the tiny power plants that fuel afflicted brain cells are turned off, the Harvard University-led study has found.

This power outage may well be reversed by medications that throw a master switch gene controlling the energy-producing cell structures back on, the paper suggests.

"It's all very exciting . . . because I think it is potentially a breakthrough in Parkinson's disease," says Dr. Anthony Phillips, head of neurosciences with the Canadian Institutes of Health Research. "It's really coming together nicely. I think it is very, very promising and I think it will get a lot of interest."

Dr. Clemens Scherzer, the senior paper author, likens the key gene he has identified—known as PGC-1alpha—to the main breaker in a basement electrical console. "This would be the main power switch that turns everything back on," says Scherzer, a Harvard neurologist.

Importantly, Scherzer says, there are already approved drugs available that are turning the same genetic master switch on in other diseases like diabetes.

If these drugs can hit the switch in brain cells, as Phillips says is likely, it could provide a treatment that would ward off or reverse the ailment's crippling onslaught in its earliest stages. Scherzer says that all the genes that control the energy-producing machinery of a cell — churning structures known as mitochondria — are turned off in Parkinson's disease.

These mitochondria are divided into five power cells, each of which is genetically inactivated in the disease. But all five centres can be reactivated by targeting the master PGC-1alpha gene, Scherzer says. "You can think of it like a power switch that, if you turn on this master regulator you can turn the activity of this energy-producing machinery back on," he says.

Dr. Timothy Greenamyre, vice chair of neurology at the University of Pittsburgh, and movement disorder expert, calls the identification of a mitochondrial cause a "sea change" in the understanding of the ailment. "This study was really a tour de force, and Scherzer brought together a lot of groups and their data sets to do this," says Greenamyre.

"I think he really has to be complimented. This is a very, very solid study."

Parkinson's, which affects some 100,000 Canadians and more than 6 million globally, is an attack on dopamine cells in the brain stem, which control motor movements. In the study, Scherzer's team actually turned tissue samples of these dopamine cells back on by inducing high levels of the master gene into a cultured mix.

"But (the gene) is a very exciting target for medicines because pharmaceutical companies have realized its importance before in diseases that are much more common than Parkinson's, such as diabetes," he says.

Indeed, there are approved diabetes drugs, and several promising medications now being screened, which appear able to throw the PGC-1alpha switch. "Pharmaceutical companies can now go back and see whether these drugs or tested compounds can cross into the brain of Parkinson's patients," Scherzer says.

Phillips says the likelihood that some of these drugs would cross into the brain is high. Adds Greenamyre: "I agree there's that potential, and it's very exciting."

The study appears in the first anniversary issue of the journal *Science Translational Medicine*, which features research making the jump from the laboratory to practical usage.

Scherzer thinks a combination of environmental chemicals, like pesticides and manganese, plus a variety of genetic risk factors for the disease combine to cause the ailment.

Yet the afflicted, dopamine-producing cells appear to be able to ward off these risk factors when their mitochondria are robust.

Greenamyre's only caution is that the paper does not definitively show that PGC-1alpha has itself gone off in Parkinson's disease. "They show that everything that's controlled by (it) is down, but they don't show there's anything wrong with the breaker switch," he says.

He says it could be imagined the electrical wiring coming out of the main switch is bad, but that the switch itself is working.

*Originally appeared in the Toronto Star, Oct. 6, 2010  
Reprinted with permission—Torstar Syndication Services*



## Dollars for Dingers

By Louise LeBlanc



*Steve Plumley, seen here with his great niece Emily selling tulips at Humbertown Mall, has been volunteering with CNO for nearly two years in a number of capacities.*

Steve Plumley has been an active volunteer with Parkinson Society Central & Northern Ontario (PSCNO) since early 2009. He was diagnosed with Parkinson's disease (PD) in February 2008 and first came to us because he was interested in being a part of our Hope in Bloom fresh-cut tulip campaign.

In his first year with us, Steve sold tulips at five different venues, and each one was a sellout. This year, he came back again, this time as a Tulip Captain, and did not accept anything less than a sellout at the venues where he was the leader.

For the past three years, Rick and Patti Anderson, friends of Steve's, have given him a Christmas gift of \$500 to be donated to a charity of Steve's choice. In 2008 and 2009, Steve chose PSCNO. Recently, Steve agreed to participate in a Parkinson's research study through the Movement Disorder Centre at Toronto Western Hospital. The study will lay the groundwork for better understanding of the chemical abnormalities underlying the development of certain cognitive deficits in PD. Steve was paid \$230 for his participation, which he generously donated to PSCNO.

In the past, Steve also coached youth baseball. One of the kids on his team, Joey Votto, grew up to be a professional baseball player who plays for the Cincinnati Reds. Steve and Votto are very close, and this year for every home run that Votto hits, Steve has committed to contribute \$25 to PSCNO. Steve has always followed Votto's career, and in particular as he progressed through the minor leagues and into the majors, he followed his career online and through encouraging emails sent to Votto. This year, Steve is parlaying his interest in the young star's career into progress for Parkinson's. His good friends the Andersons have agreed to match his donation. Rick was also one of Votto's

coaches. With the season now complete, Votto has launched 37 home runs (to go with a .324 batting average, and 100+ runs and RBIs) and finds himself as a candidate for the National League Most Valuable Player award. Those 37 homers will end up costing Steve and the Andersons \$925 each—a donation they are all too happy to make.

Steve not only volunteers his time and money to Parkinson Society. He is enthusiastic about improving the ways we raise money, especially with our tulip sales. He is a delight to have on our volunteer team. He also does other volunteer work, including processing income tax returns at free clinics for seniors and low income families, granting wishes to seriously ill children through the Starlight Children's Foundation, coaching Special Olympian floor hockey players, tutoring math in an after-school program at Perth Avenue Public School, reading with students in grades 1 to 3 at Keele Street Public School, and reading and recording sports articles for VoicePrint Canada to bring audio access to the visually impaired.

Steve has in fact been volunteering for over 35 years. Some significant accomplishments over that time include being selected Etobicoke's Big Brother of the Year on two occasions, playing Santa Claus for 29 years at a company family Christmas party, and donating blood 146 times to Canadian Blood Services.

### New Brighton Support Group

**Parkinson Society Central & Northern Ontario is pleased to announce that a Support Group for those people with Parkinson's and their carepartners, family, and friends has recently started in Brighton.**

The group will meet the second Monday of each month from 12:30 p.m. to 2:30 p.m. at the Fellowship Christian Reformed Church (204 Main St. in Brighton).

Should you need any additional information, please contact Parkinson Society CNO at 1-800-565-3000 ext 3372.

### Passing of a Friend

Linda Fletcher (1953–2010)

After a long and courageous battle with cancer, Linda passed away at Southlake Regional Health Centre, Newmarket, on Saturday July 24, 2010, at the age of 57 years.

Linda's love of exercise combined with the ability to inspire people living with Parkinson's is truly her legacy and will be fondly remembered by all those whose lives she touched.

## Some Light-hearted Poetry about Parkinson's by Gordon Hardacre, MD



My last LiveWire column (Winter 2009, "The 'New' Parkinson's Disease: Bring Yourself Up to Date") was, you might say, "heavy-brain-ed" in nature. So, today's article is "light-heart-ed" to compensate.

As some of you know, I count limerick-writing among my enjoyable pursuits. Composed over the years, these poetic delights now number in the hundreds. Amusing or serious, they are usually 'clean'... on occasion bawdy, but then only mildly so (aw, shucks!), non-medical, or medical. Of the latter group, many are about Parkinson's. To follow is a sampling.

### The Patient

Said the man, an obese Torontonian,  
"Don't pre-judge me, an old Parkinsonian;  
This condition which kills  
Leads to so many pills  
That my weight needs a diet draconian!"

### The Search for a Cause

Many vast hidden truths of PD  
Lie beyond what the researchers see;  
What might sound the death knell  
Of that special nerve cell  
Is in essence the mystery's key.

### The Man — James Parkinson (b. April 11, 1755)

On eleven-oh-four, in the year  
Of one-seven-five-five, did appear,  
Down by Hoxton Square way  
(That's in London, I say)  
A physician we hold very dear

### The Ontario Experts

The book authored by Doctor **D. Grimes**  
"One Step Forward", is up with the times;  
Daily use I'd advise  
'Cause its thorough and wise  
With good prose, lacking silly old rhymes!

PD info from Doctor **M. Jog**  
Comes through clearly — you're not in a fog;  
If you missed his last lecture,  
It would be my conjecture  
That you'd learn a great deal from his blog!

A top researcher, Doctor **A. Lang**,  
For your buck surely gives you a bang;  
He's adored by his team  
(Of the crop it's the cream)  
And respected by all of his gang.

### Parkinson's Stepping Forward by Dr. David A. Grimes, © 2004

Limited copies on sale through Parkinson Society Central & Northern Ontario for \$12 plus \$3 shipping and handling (cover price is \$19.95)! Call 1-800-565-3000 ext. 3372 for more information, or to order.

Topics include the following:

What is Parkinson's? What causes Parkinson's? How does Parkinson's affect you? Managing the Symptoms of Parkinson's; Social Aspect of Parkinson's; Treating Parkinson's: Drugs and Surgery; Hope for the Future; Table of Drug Names

David A. Grimes, MD, FRCPC, is Director of the Parkinson's Disease and Movement Disorders Clinic at the Ottawa Hospital, Assistant Professor of Medicine (Neurology) at the University of Ottawa, and an Associate Scientist at the Ottawa Health Research Institute. In addition to his clinical focus on Parkinson's, he is involved in identifying mutated genes that cause or contribute to the development of the disease.

### Anchors Aweigh in Kenora



Supporters gathered in August at the Royal Lake of the Woods Yacht Club for an evening of dinner and drinks in support of CNO.

Special thanks to Eric Levin (far left, above left photo) for organizing the first annual event. *Congratulations on over \$1,200 raised!*

# SuperWalk 2010

In addition to the success of the funds raised across the region in the 2010 SuperWalk, Parkinson Society Central & Northern Ontario is home to 6 of the top 10 online walkers in all of Canada. Congratulations to Margot Greenberg, Kenny Bearg, Nan Curtis, Martin Irish, Betty Tansley, and Daniel St. Onge who collectively raised a total of \$110,254!

CNO is also home to 5 of the top 10 online teams in all of Canada. Many thanks to all the members of Team Bearg, Team Irish, Bertha's Tulip, The Powerful Parkies, and Hughies Hustlers who collectively raised a total of \$94,458!

*As a region, we are clearly leading the way toward a cure!*

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.

<u>Top Walkers</u>	
Alliston	Robert Nicholls
Barrie	Timothy Snelgrove
Bracebridge	Ryan Tripp
Burlington	Daniel St.Onge
Durham	Cheryl Hinzl
Georgetown	Alan Farmer
Guelph	Erven Mackintosh
Hamilton	Betty McRae
Kingston	Joe Davis
North Simcoe	Bob & Judy Whittam
Newmarket/Aurora	Martin Irish
Niagara	Paul Pasmore
Peel Region	Betty Tansley
Peterborough	Bill Andrus
Sudbury	Richard Carriere
Thunder Bay	Anna Torontow
Toronto	Margot Greenberg

<u>Top Teams</u>	
Alliston	Team Rodger
Barrie	The Farm Team
Bracebridge	Team Scott
Burlington	Mo's Angels
Durham	Bertha's Tulip
Georgetown	Halton Hills Support
Guelph	Saskmacks
Hamilton	Igneski
Kingston	The Walking Runnings
North Simcoe	Team Ingram
Newmarket/Aurora	Team Irish
Niagara	Team Newbold
Peel Region	Powerful Parkies
Peterborough	The Northumberland
Sudbury	Team Rocca
Thunder Bay	Goodbye to Parkinson's
Toronto	Team Bearg



Parkinson Society Central & Northern Ontario CEO, Debbie Davis



Karen Boyer, Community Development Coordinator, with Brenda Leclair, Sudbury SuperWalk Coordinator



Canada's Top Walker—Margot Greenberg





Amanda Stanton, Community Development Coordinator, with Barrie SuperWalk volunteers

Global TV weather anchor Bill Coulter

Burlington SuperWalk Committee Members, Mo Thun and Jane Langlotz, with Stella Recchuiti

Georgetown SuperWalk



Ella and Lucy enjoying snow cones and music courtesy of Sunshine and Broccoli



Bertha's Tulip raised an incredible \$17,057 at the Durham Walk.



David Aspden, Mayor of Barrie, kicks off SuperWalk at Heritage Park.



Kim Rouse Parypa, Newmarket SuperWalk Coordinator, with SuperWalk supporters

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

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**Silver**

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Delmanor Seniors Communities



Guelph volunteers

Bonnie and Margaret at the Guelph Walk

Hamilton SuperWalk



Huntsville Support Group 2010



Lookout Ridge staff, residents, and volunteers contributed to the Niagara Walk—seen (above left) with Paul Pasmore, Niagara Walk Coordinator.



SuperStar Walker Allison Neilson and Team



Peel Region Team Grampa's Treasures



Many thanks to Delmanor Seniors Communities who sponsored the Toronto 5-km Run!

Team Plant World



Toronto walkers along the route



Team Capellucci



Mo's Angels



Team Rocca in Sudbury



Toronto Opening Ceremonies



The Northumberland



(left) Linda Thrasher, Durham SuperWalk Coordinator, with George Ashe and Diane Collins



Karen Dowell, Community Development Coordinator, with Richard Juneau at the North Simcoe Walk

## CNO Launches Award Winning 'Get it on time' Campaign

Parkinson Society Central & Northern Ontario is pleased to be launching an exciting new initiative 'Get it on time'. Starting this fall and gaining steam in the new year, we will deliver the first phase of this program in long term care facilities to ensure people with Parkinson's get their medications on time, every time. Our goal is to increase understanding of Parkinson's among front line and nursing staff. We want to improve the quality of life of people living with Parkinson's, by ensuring that they get their medication on time, every time whether at home, in the emergency room, or at a long-term care facility.

"It is our hope that this informative and visually captivating new program will address a very important and potentially life threatening issue: the need for people with Parkinson's to get their medication on time every time," says Central & Northern Ontario CEO Debbie Davis. "Ontarians living with Parkinson's for a number of years have said that this is a major priority and we are addressing it. We look forward to working with long-term care facilities in the region to help their staff members provide the safest and best possible care."



First launched in the United Kingdom in 2006, the award winning 'Get it on time' program was expanded to Australia and is now being brought to Canada. 'Get it on time' is a national program of Parkinson Society Canada. Based on a design and text created by Parkinson's UK, 'Get it on time' materials have been adapted

for Canada. Parkinson Society Central & Northern Ontario is very excited to be the first regional partner to be in a position to deliver in-service education in addition to distributing the Canadian materials.

The need for this program is readily apparent, as people living with Parkinson's and their carepartners have shared numerous stories of their difficulties in hospitals and care-facility settings. Not receiving medication on time causes many potentially disastrous, negative effects on a patient's health. Program supporter Elaine Conner knows all too well the risks of not getting medication on time. "I am committed to support this outreach financially and am a strong advocate of this educational project. This is extremely important, as I have witnessed what happens when medications are not given in the right quantity and at the right time," she says.

As we work to deliver this program, we would be pleased to have your input. Please contact us with any questions or to suggest a training session at a facility where you or someone you care about lives. For more information, please contact us at 800-565-3000 ext 3370.

## Pitch In for Parkinson's!

Parkinson Society Central and Northern Ontario Region held its Annual Pitch In for Parkinson's on Wednesday July 7, 2010, with over 200 supporters in attendance to watch our Toronto Blue Jays take on the Minnesota Twins.



The night began with another wonderful pre-game reception at the Steam Whistle Brewery. Our annual Peterborough/Kawartha Lakes Chapter bus riders, along with a number of other guests, were treated to a

Shopsy's BBQ dinner followed by a complimentary tour of the brewery. The reception provided an opportunity for Parkinson Society supporters to mingle before taking in the ball game.

"This year we gave each attendee a Pitch In for Parkinson's T-shirt. It was an amazing sight to see at the Rogers Centre watching our supporters promote our cause and spread the awareness of Parkinson's," says Debbie Davis, CEO, PSCNO.

Over 200 tickets were donated by Toronto Blue Jays season ticket holders. These individuals and corporations generously gave up their seats on July 7, 2010, for a great cause.

Parkinson Society Central & Northern Ontario also takes this opportunity to acknowledge the sponsorship of AM740. "The support of AM740 has contributed enormously to the success of our Annual Pitch In for Parkinson's" commented Elizabeth McCaw, Community Development Coordinator.

Pitch In for Parkinson's has raised over half a million dollars in its 21-year history. All funds raised have gone toward the continued work of Parkinson Society Central & Northern Ontario providing education, advocacy, and support services to those living with Parkinson's while contributing to the National Research Program.

### Peer Support Volunteers

Are you interested in making a difference in people's lives?

CNO has re-activated the Peer Support Volunteer Program. Trained and screened volunteers will provide support to persons with Parkinson's, members of their families, and/or their caregivers in dealing with the challenges of living with the condition using their own experience and the resources available from CNO. They will also refer those needing medical advice to the appropriate medical professionals.

Those who have already expressed interest are already on the list.

A 21-hour series of training sessions will start when there are enough interested volunteers to make up a class. The sessions will be held during regular business hours. If you are interested, please contact Louise LeBlanc, Coordinator of Volunteers, at 416-227-1200 ext 3304, or [louise.leblanc@parkinson.ca](mailto:louise.leblanc@parkinson.ca).



**Burlington Support Group:** We are thrilled that with the help of our families/friends, we have raised over \$65,000 for SuperWalk! Thank you to everyone for volunteering their time. It's this type of response from our community that keeps us motivated to keep moving forward to educate as many people as possible. Special thanks to the Abbey family for their generous donation of a stitched Tulip Quilt that all year long we sold tickets to win. Tickets were \$2 and we raised \$730.

**Second Decade Support Group:** The Second Decade Support Group is a forum for people with Parkinson's and their caregivers who have been living with the disease for approximately 10 years. At this stage of their journey, they have moved beyond the initial unknowns of Parkinson's disease and now need advice to help them cope as symptoms progress and new challenges emerge. Interactive self-help sessions are focused around quality of life issues intended to instill a healthy empowering outlook. A balanced schedule of social activities and informative topics ensures that each member's overall experience is enjoyable and educational.

The Second Decade Support Group meets in the evenings once a month from September through to June. Contact Parkinson Society Central & Northern Ontario for specific meeting dates and times.

**Etobicoke News:** Our annual June barbeque had to be postponed until September and there were over 30 people in attendance. Our members who participated in the SuperWalk for Parkinson's raised a whopping total of \$39,905! Matthew Okell, son of a group member, biked across Canada and raised \$1,169.50 for Parkinson Society.

### Sudbury Chapter Men's Charitable Golf Tournament



The Sudbury Chapter enjoyed a great golf tournament and dinner at Grill Marks Bistro Golf and Conference Centre in Val Caron. Thank you to the owners of Grill Marks Bistro (above, left) for your support!

**Vaughan Support Group:** At the October meeting of the Vaughan Parkinson Support Group Douglas Ailles, Investors Group gave a very informative presentation, which included investment planning, preserving, and protecting your wealth, tax planning beyond your RRSP, and much more.



The group is looking forward to celebrating the upcoming holidays by having a luncheon at the New Galley in December. For group info please e-mail [marilyne101@hotmail.com](mailto:marilyne101@hotmail.com).

### Pancakes for Parkinson's

Shari and Paul Fraser and Lynda and Al McKenzie, members of the **Hamilton Halton Young Onset Group**, put on a Pancake for Parkinson's breakfast with the help of their friends from Antrim Glen and raised over \$1,500, bringing their four-year total to over \$5,000. Well done!



**The Mississauga Support Group:** We have had a very good year. Sue and Don Gordon had a giant garage sale over two days which raised over \$3000 for SuperWalk. In August we had a very fine luncheon with 31 members. It was arranged by Jennifer Hill of the Origin Evergreen retirement residence here in Mississauga, who hosts monthly support group meetings and our great bowling event.



**THANK YOU** to the sponsors of the 3rd Annual Kingston Golf Tournament for Parkinson's held on August 8, 2010, at Glen Lawrence Golf Club. Sponsors: Ambassador Hotel, Agent 99, Antonio & Rosa Marques, Armenio & Alda Pereira, Bento Goncalves, Blueprint, Body Shop, Bronson & Bronson, Carlos & Dorinda Valente, Carmelinda's Family Restaurant, Christina & Eric Simard, C&M Construction, Cineplex Odeon, David Sutherland, Denny's Family Restaurant, Domingas Silva, Eclipse Four Points, Joanne Neilson, Judy Doran, Kingston Frameworks, Lee Garden, McGinnis Landing, Metro, Minos Takeout, Nike Canada, Pat Eaton, Pet Valu, Queen's University Bookstore, Ramekins Restaurant, Rent a Chef Catering, Dr. Richard Medora, Chiropractor, Running Room, Sousa Ready Mix, Starbucks, Tim Hegarty, Wendy Medeiros RMT

**Brampton Support Group:** A busy year is underway! In September we had Robyn Stainton from Alzheimer Society Peel speaking about the relationship between Parkinson's and Alzheimer's. In October Tanya Bénard explained "The Alexander Technique." At the Christmas Party on November 22, we will publicly announce the gift from the Nellie Catharina Van Dyk Estate, which will benefit our group and the community. We restart on January 24, 2011, with Baycrest Hospital guest speaker Cindy Brko. In February Sarah Robichaud of "Dancing with Parkinson's" will teach us to dance. We are ever grateful to Holland Christian Homes for continuing to host our monthly meetings every fourth Tuesday until June 27, 2011.

# 2010 Client Services Survey

Please take the time to respond to our client services survey. Feel free to remove this page, and send it back with your responses in the enclosed postage paid, self-addressed envelope.

	Month	Year	Other
I have contacted the client services department within the past:			

	Once	Twice	Three times	Other (Please indicate)
Within this time frame, I contacted client services:				

	24 hours	48 hours	72 hours	Other (Please indicate)
Someone got back to me within:				

If longer than 48 hours, was any reason given to you for the delay?

	Strongly agree	Agree	Somewhat agree	Somewhat disagree	Disagree	Strongly disagree	Not applicable
I was satisfied with the service that was provided.							
I feel confident in the information I received.							
Employees were helpful in solving any problems I had.							
Information was communicated in an easy to understand way.							
I feel employees spent enough time dealing with my issue.							
Employees were courteous and professional.							
I was given answers to the questions I had.							
Employees were knowledgeable.							
I feel that employees genuinely wanted to help me.							

If you disagreed on any of the above, please explain:

Please give us any other recommendations or comments to help improve our client services delivery:



In 1999, Michael Kingdon's life changed, when at the age of 56 he was diagnosed with Parkinson's disease. As his illness progressed, Michael became determined to do what he could to help Parkinson Society Central & Northern Ontario in its work. For several years, Michael made regular annual donations.

In 2009 when Kingdon died suddenly of a heart attack, Parkinson Society Central & Northern Ontario was honoured to receive the gift he had established in his will to further help with the organization's important work. It was Michael's wish that the bequest gift of \$150,000 would go toward helping to find the cure that eluded him in his own lifetime and to easing the burden for those living with Parkinson's.

Consult with your financial advisor and lawyer to learn how you can meet your philanthropic goals while balancing personal, family, and tax considerations through planned gifts such as bequests and life insurance. Contact Lorelei Wilkinson at 1-800-565-3000 ext. 3378, or via email at [lorelei.wilkinson@parkinson.ca](mailto:lorelei.wilkinson@parkinson.ca), to subscribe to The Legacy, a free newsletter on financial and estate planning.

## 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.*

## Cut-a-thon 2011

**Save the date: Sunday April 17, 2011**

**Participating Cities:**

**Barrie, Collingwood, Guelph, and Toronto**

Visit [www.cutathon.ca](http://www.cutathon.ca) for more information and to book your appointment!



**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 the people affected by Parkinson's in the community.

I've enclosed my gift of \$35      \$50      \$100      \$250      Other\$\_\_\_\_\_

Cheque (payable to Parkinson Society Canada) or      VISA      Mastercard      Amex

### 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).

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.

**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.*

From time to time, we trade our mailing list with like-minded charities in order to find new donors to support our work. However, if you prefer not to have your name traded, please tick here:

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



## Canada Well Represented at World Parkinson Congress

There was a groundswell of momentum, energy, goodwill, and hope as over 3,000 delegates descended on Glasgow, Scotland from September 28 to October 1 for the second World Parkinson Congress. People with Parkinson's, their care-partners, health specialists, scientists, neurologists, physiotherapists, occupational therapists, speech-language pathologists, nurses, doctors, and associations dedicated to people living with Parkinson's came from over 50 countries to participate. They brought their stories, hopes, optimism, strategies for living with Parkinson's, and scientific learning, and shared tales of new discoveries and their passion to find a cure. They came to learn, partner, and share new ideas for treatment and research as they assembled at Glasgow's Scottish Exhibition and Conference Centre.

Panels and presenters covered everything from a basic introduction to Parkinson's disease to what to do when first diagnosed, medical and surgical therapies, genetics, and the environment. Healthcare professionals discussed their philosophy of multidisciplinary care and their role as part of an interdisciplinary team; neurologists and pharmaceutical companies discussed what new drugs might slow disease progression or manage advanced Parkinson's better; and attendees learned about causes and underlying risk factors, early diagnosis, and how the global Parkinson's community can work together using social media.

Whether the subject was genetics, cognition, and biomarkers, or non-autonomous cell death and the treatment of hyperkinasias, there was something for everyone: sessions on the perspective of people with Parkinson's, how best to engage government, the benefits of speech-language pathology, depression and anxiety, and much more.

Canada's presence was strong, with presentations from Dr. Harry Robertson from Dalhousie University on olfactory testing; Dr. Oksana Suchowersky from Calgary on ethical issues in genetic testing; Dr. Michael Schlossmacher from Ottawa on alpha-synuclein; Shannon MacDonald on the development of Neurological Health Charities of Canada and a National Advocacy Strategy; Dr. Tony Lang on diagnosing pre-motor Parkinson's; Dr. Susan Fox discussing psychosis; and Joyce Gordon, President and CEO, Parkinson Society Canada (PSC), on a worldwide Parkinson leadership communications network. In addition, PSC's Barbara Snelgrove and Marjie Zacks presented the Test Your Parkinson's IQ poster developed for Awareness Month 2010, as part of the Living with Parkinson's Poster Exhibits. Parkinson Society Southern Alberta CEO John Petryshen, and McGill Movement Disorder clinical nurse specialist and PSC board member Lucie Lachance, presented their poster on Partnerships among Movement Disorder Clinics, Nurses, and Parkinson Societies across Canada.

*Parkinson Society Canada is hosting the next Congress in 2013, in Montreal. Details to follow in the Spring 2011 edition of LiveWire.*

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### LiveWire

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