

LiveWire

PARKINSON SOCIETY CENTRAL & NORTHERN ONTARIO

August 2008

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What is the money doing?

Funds raised in SuperWalk support researchers such as Dr. Damian Seung-Ho Shin who is studying deep brain stimulation (DBS) at the Toronto Western Hospital. DBS, essentially a pacemaker for the brain, sends electrical impulses to the portion of the brain that deals with the cells that create dopamine. It is the loss of these cells that causes Parkinson's. The electrical impulses stimulate the brain, relieving some of the symptoms of Parkinson's, such as tremors, rigidity, and slowness of movement.

"PSC funding has allowed me to research my goal of optimizing the use of deep brain stimulation to treat patients with Parkinson's disease in a very well respected Canadian institute in the field of movement disorders treatment. Without Superwalk, research such as mine would not be readily possible," states Shin.

PSC funds researchers such as Dr. Shawn Hayley at Carleton University in Ottawa. Dr. Hayley is investigating the role of inflammation in the brain in Parkinson's

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Hope drives SuperWalk for Parkinson's goal of \$2.5 million

When 34-year-old James Smerdon laces up his sneakers for SuperWalk for Parkinson's this September, it will be with determination and a great deal of hope that his efforts and those of over 12,000 walkers coast to coast will be getting one step closer to a cure.

The 19th SuperWalk for Parkinson's hopes to raise \$2.5 million that will help fund research, education, support and advocacy for the over 100,000 of us Canadians who are living with Parkinson's. This year's total will bring the dollars raised over a five-year period to more than \$10 million. PSC is hoping to increase its support for research into areas such as deep brain stimulation and the role of environmental

toxins in Parkinson's.

Just over a year ago, Smerdon, a resident of Vancouver, BC, was diagnosed with Young Onset Parkinson's at age 33. What was shocking to him was the fact that he had always thought of PD as a disease affecting older people. His response is to get out there and do something about it. "I'm hoping that science moves at a quicker pace than the disease. At 34, I cannot look forward to 30 more years of work and raising a family followed by a long active retirement. It's just not in the cards for me," said Smerdon.

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



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

4211 Yonge Street, Suite 321, Toronto Ontario M2P 2A9
 Tel: 416-227-1200 • 1-800-565-3000 ext 3301 • Fax: 416-227-1520
 info.cnor@parkinson.ca • www.parkinson.ca

MISSION STATEMENT

Parkinson Society Canada is the national voice of Canadians living with Parkinson's. Its purpose is to ease the burden and find a cure through research, education, advocacy and support services. The Central and Northern Ontario Region of the Society contributes to the national research program while offering support services, information, and specialized programs to ease the burden for those living with this chronic, degenerative neurological disorder in the region.

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STAFF

Executive Director

Debbie Davis 416-227-3373 debbie.davis@parkinson.ca

Community Development Coordinator – GTA

Sara Lawson 416-227-3377 sara.lawson@parkinson.ca

Community Development Coordinator

Karen Dowell 416-227-3376 karen.dowell@parkinson.ca

Community Development – North

Donna Makela 1-888-237-4453 donna@alsont.ca

Coordinator Client Services and Education

Sandie Jones, RN 416-227-3375 sandie.jones@parkinson.ca

Information and Referral Associate

416-227-3372

Accounting and Administration Coordinator

Stella Recchiuti 416-227-1200 x3301 stella.recchiuti@parkinson.ca

Individual Giving Associate

Felicia Migliore 416-227-3378 felicia.migliore@parkinson.ca

SuperWalk and Special Events Coordinator

Christine Kirby 416-227-3374 christine.kirby@parkinson.ca

SUPPORT AND SERVICES

- Advocacy
- Individual Support (RN on staff)
- Educational Seminars and Conferences
- Resource Lending Library
- Website
- 1-800 Bilingual Information and Referral Line
- Quarterly Newsletter
- Scientific Research Funding
- Newly Diagnosed Education and Information Sessions
- Fundraising Events
- Presence at Health Fairs
- Personalized Information Packages
- Education In-services
- Support Group Network

... "SuperWalk" continued from page 1

"I realize that I need to play an important role in supporting research. That's why I am participating in SuperWalk," added Smerdon.

SuperWalk is PSC's largest fundraising event and will take place in more than 80 communities across the country. "What started out as a seven-person walk in 1990, has blossomed into a family-oriented national event where everyone who knows someone with Parkinson's, either a family member or friend, turns up to support them," said PSC President Joyce Gordon. "The walk is not a race but a show of support and a desire to find a cure and the cause," she added.

To register or to find out more, visit www.superwalk.com or call 1-800-565-3000.

... "the money" continued from page 1

and possible links to commonly used pesticides such as Paraquat.

"In the future, this kind of research can lead to the identification of biomarkers which may lead to blood tests that can tell who might be susceptible to Parkinson's," says Dr. Hayley.

PSC has supported 210 researchers, over 300 research projects and has invested nearly \$16 million into Canadian Parkinson's research. In the last five years alone, PSC has invested over \$5.4 million dollars, in an effort to find a cure.

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LIVING WELL WITH PARKINSON'S CONFERENCE 2008

After last fall's exciting conference, Parkinson Society Central and Northern Ontario Region is pleased to announce the return of "Living REALLY Well with Parkinson's" conference in Toronto!

Mark Saturday October 18, 2008 on your calendar for an exciting day of learning, sharing and inspiration. The conference is all about exploring all facets of your personality and recognizing that you are more than a diagnosis of Parkinson's disease.

This year's schedule will be an eclectic mix of medical and holistic approaches to living with Parkinson's:

Workshop Session A

(Choose one):

- A-1 – Nutrition with Dr. Bryce Wylde
- A-2 – Tai Chi with Assunta Scaini **and Friends**
- A-3 – Staying Positive with Ellen Alban
- A-4 – Issues for Women with Sandie Jones

Workshop Session B

(Choose one):

- B-1 – Naturopathy (TBA)
- B-2 – Dance with Sarah Robichaud
- B-3 – Mindfulness with Sue Hutton
- B-4 – Intimacy Issues for Men with Sandie Jones

Workshop Session C

(Choose one):

- C-1 – Moving safely in your home with Nira Rittenberg
- C-2 – Pilates with Ellen Alban
- C-3 – Coping with Anxiety (TBA)
- C-4 – Legal Issues and Family Dynamics with John McAuley

Our keynote speaker is Dr. Susan Fox: neurologist, movement disorder specialist, researcher, and Assistant Professor, Neurology, University of Toronto. For full schedule and information go to our website at www.cno.parkinson.ca or call Sara Lawson at 416-227-3377.

Please use the registration form included here to book your spot. If you need more information, please call Sara Lawson at 416-227-3377 or email sara.lawson@parkinson.ca.

See you at the conference!

Living REALLY Well with Parkinson's REGISTRATION FORM

Please complete ONE registration form per person and return to Parkinson Society Canada with your payment before October 3, 2008.

Registration fee is \$65 per person; this covers the workshops, lunch, all refreshments and materials.

Name: _____

Address: _____

City: _____ Postal Code: _____

Telephone #: _____

Email: _____

Special Dietary Needs: _____

	1st Choice	2nd Choice	3rd Choice
Session A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Session B	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Session C	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Signature: _____

Return to:

Sara Lawson
Phone: 416-227-3377 • Fax: 416-227-1520
Email: sara.lawson@parkinson.ca

Parkinson Society Central & Northern Ontario Region
4211 Yonge Street, Suite 321
Toronto, Ontario, Canada M2P 2A9

Phone: 416-227-1200
Fax: 416-227-1520
Email: info.cno@parkinson.ca
Website: www.cno.parkinson.ca

The Readers Write

My Friend Martin

As a volunteer at St Joseph's Hospital in Thunder Bay, my main role was to move patients for various reasons and to escort patients to the dentist. This is how I met Martin, a thirty-ish young man who was a permanent resident of the hospital. He suffered from muscular dystrophy and rode a customized battery cart. While waiting for the taxi in the lobby, I sat back and observed this man's delightful interaction with people coming and going and his interest in delightful young ladies. All the while this was going on, he was gyrating and moving his arms and head spasmodically. I felt sorry for him.

Before parting I mentioned to him how impressed I was with the way he conducted himself, so upbeat and pleasant. He looked in my direction and with difficulty said "I 'm just glad I don't have Parkinson's." We became good buddies after that and I finally reminded him of that day and told him that I was a person with Parkinson's. I think that disclosure brought us closer.

Jas W. Forbes
Thunder Bay

No chip on his shoulder – Mr. Happy Chip raising funds for SuperWalk

Mr. Happy Chip is no ordinary potato chip. With his smiley face, he definitely stands out in a crowd. "Chip" as he's affectionately known to his friends will be walking in this year's Toronto SuperWalk on September 14th at Earl Bales Park.

Luckily, someone took notice of Chip's now famous smiling face. Bill Coulter of Global Morning News first discovered this jovial chip when eating a bag of LAY'S potato chips. As Coulter's dad was diagnosed with Parkinson's disease, he decided to put his special potato up for auction, giving the proceeds to Parkinson Society Canada Central and Northern Ontario.

"About four years ago, I developed a trembling in my right thumb and index finger. My General Practitioner sent me to a neurologist who confirmed that I



had Parkinson's disease," says David Coulter, father of Bill Coulter and the reason Mr. Happy Chip is pursuing great things. "I joined a local support group which has been very helpful supporting me with my disease..." said Coulter.

Support Chip at this year's SuperWalk in any way you can. Also check out the Team Happy Chip group on Facebook and post any interesting chips you find.

You can make a pledge to the Mr. Happy Chip SuperWalk campaign at www.superwalk.com or by calling 416-227-3374.

Parkinson's Carepartner Workshops

As the carepartner of a person with Parkinson's, we would like to offer you an opportunity to share your experiences with other carepartners, to learn more about strategies to reduce caregiver strain, to receive support from others, and develop strategies for promoting your own health and wellbeing.

If you are interested in attending these workshops for partners of people with Parkinson's, please call 1-800-565-3000 ext.3372 or 3375



My Parkinson “Community”

Gordon D. Hardacre, MD, CCFP, FCFP

Parkinson's – living with the symptoms can be hellish; living with the people can be heavenly.

Simply in the interest of sharing, I hereby introduce you to a portion of my personal list of splendid people whom I've come to treasure over the last decade and more, a period so challenging and so unlike my prior decades. These are courageous folk who help sustain my body and nurture my spirit, my new and greatly expanded “family.” No names. As they say, you know who you are. Readers, each of you doubtless has your own list. Cherish all the people on that list. My own gratitude, in no particular order, goes to:

- the office staff at PSC and CNOR, communicators and educators all. Fundraisers, cheery admin staff who will photocopy, folks who organize us PWP's and events--locally, regionally, nationally and beyond --big cheeses and small. A characteristic in common? Every one of them acknowledges you, helps you and respects you as a unique individual;
- staff in the far reaches of the country, from wise PSC leaders in the West to the most friendly and helpful leaders in Newfoundland, who generously gave this unintended visitor glimpses both of PD in the East and of the charming, historic city of St John's;
- three diligent and wise word-smithing editors of my quarterly-submitted rambling paragraphs;
- previous patients, both with PD and without, including those who have made generous donations in my name and

those who have written warm and supportive notes to me;

- my “voices of Hope” choir associates, including (but not limited to) an Iranian aeronautical engineer, a retired French professeuse, an energetic peace activist, a quiet lady with PD and a charming Scottish accent who studies



Dr. G. Hardacre

drums and treks weekly to choir practice from a far corner of the city, two fascinating authors and their excellent singer daughter, a retired community nurse, and of course, a certain priest; whose mother had Parkinson's and who comes weekly to play for and direct us;

- all those brave “Hop-ers on Display” whom I meet annually. The brain's Substantia Nigra cells do not manifest an esthetics or creativity defect or an art-deficiency disease;
- a veritable modern day Florence Nightingale. Need I say more? You all know who Florence was and what she did for others, who, in their torment, needed her succour. Likewise here and today;
- a world renowned researcher, teacher and leader, who, by good fortune, just happens to be a clinician, together with his clinic team of neurology Residents and Fellows;
- an academic dermatologist and wound-care expert who dedicatedly oversaw my wretched leg back to survival over so long a time;
- a most sharp-witted couple, champion walkers, champion

hosts, co-singers, so committed to the PD “cause,” so hard working, so generous and friendly;

- my loyal support group leaders, who drive from Kitchener to Toronto to lead us together on a monthly basis;
- and their wise and articulate agenda circulator, with his magnificent and courageous partner who lives her life to the fullest by being “into” so many different things;
- understanding and supportive family members, friends, and professional colleagues;
- PD experts and organizers who have come and gone and who may be coming again;
- time giving regional PD “foot soldiers” who work on committees or who have invited me to speak, and then made me feel so at home, comfortable and welcome;
- a tireless spouse, who, so central and so involved in all the above categories, is unique by so expertly feeding me, caring for my needs in so many spheres, and so expertly rescuing my devastated leg by nursing it hour after hour and month after month, to health;
- and many more people who now frame my world, and for whose roles and actions I am most grateful. It is my privilege to have gotten to know you all.

Almost four hundred years ago

John Donne wrote:

“No man is an island, entire of itself; every man is a piece of the continent, a part of the main...”

There is root commonality between “Community” and “Communicate.” To feel a sense of the former, do lots of the latter. Define, and then refine, your own “Parkinson Community.”

Contribute to it by giving as much as you can, and, in return, you will assuredly receive in abundance.

Videoconferencing – lets patients “see” specialists

Dr. Mark Guttman, a movement disorder specialist working from his clinic in Markham, Ontario is able to assess his patient who is seated in Saskatoon, thousands of kilometres away. Connected to videoconferencing, he has been able to see his patients this way since 2002.

Dr. Guttman has installed equipment at his clinic so he can interact with patients from afar for a set period each afternoon.

“The reality is that north of Barrie there’s not many neurologists. There’s one in Huntsville, one in Sudbury and that’s it. The north is dramatically underserved,” says Dr. Guttman. “Most of the information that I need to effectively manage people is to see them and talk with them. The physical examination, which is laying hands on them, is actually a small part of making decisions.”

The equipment includes cameras and viewing screens at each site, which allows secure communication between the doctor and patient. Dr. Guttman can even zoom in to check out the tremor in a patient’s hands. Before videoconferencing, patients had to travel long distances, often bringing along a family member who might have to take time off work, as well as having to stay in hotels.

“Essentially, as their conditions worsen it becomes harder to come,” says Dr. Guttman.

For Philip Thomas, 64, diagnosed with PD in 1997, the ability to connect remotely with his neurologist has been a godsend. Videoconferencing has allowed him to remain Dr. Guttman’s patient after he moved to Saskatoon from Hamilton. “The continuity of seeing Dr. Guttman is good,” says Mr. Thomas. “He’s a

fine doctor in both technical knowledge and bedside manner. He can diagnose most things, my progress, by sight.” Philip’s wife, Marilyn McCaul says, “Seeing someone who is right up to the minute in state-of-art knowledge about drugs and the latest research, that’s where you get the best care.”

Create a Garden of Hope

It seems like only yesterday that we were selling the fresh-cut tulips, offering a promise of the warmer weather. Now fall is in the air and it’s time to think of planting bulbs!

Once again Parkinson Society Central and Northern Ontario is offering the traditional “Parkinson” tulip, with the red and white petals. They are available in bags of ten bulbs for \$6, or a box of 100 for \$50. There is also a small quantity of the yellow “Yokohama” or the pure white “White Emperor” in bags of 10. A shipping charge may apply.

With every order of 100 bulbs you will receive FREE a sign for your garden that reads “Parkinson’s Garden of Hope”. It’s a beautiful way of showing your commitment to easing the burden and finding a cure.

For orders in the GTA, call Sara Lawson at 416-227-3377; for orders in the north call Donna Makela at 1-888-237-4453; for all other areas call Karen Dowell at 1-800-565-3000 extension 3376.

Debbie Davis, Executive Director of Parkinson Society Central and Northern Ontario says Dr. Guttman was ahead of his time in bringing his specialized services to patients in remote communities. “The patient outreach helps us to connect with those people in a better way, and it’s incredible what it means to them,” she says. “They feel disconnected from everything that happens in the southerly, urban centres. It’s an incredible boost for them, to have a doctor they can actually connect with.”

The electronic hookup is made possible by the Ontario Telemedicine Network (OTN), connecting more than 800 physicians among 500 sites in more than 200 communities. OTN also partners with a telehealth program that serves aboriginal communities. “It’s also used for educational sessions that reach a variety of care professionals through multiple simultaneous hook-ups,” says Lisa Sarsfield, vice-president of adoption and integration for OTN.

“X-rays and MRI scans can be transmitted from a remote location to a specialist in another region,” she says. Through a system called digital stethoscope, a cardiologist in Toronto can monitor the heart rate of a patient in Iroquois Falls, for instance.

“It doesn’t just save time and the inconvenience and cost of travel,” Sarsfield says, “but there are many communities in the North where travel is also dangerous, whether it is snow storms or moose. The wonderful thing about telemedicine and videoconferencing is it removes the barrier of time and distance.

Condensed from an article in the *Canadian Press*.

Plan Ahead

by Sandie Jones

When it comes to planning their futures, some people drift aimlessly from day to day, year to year, with little focus on long-term direction. Other people, a small minority, meticulously set goals and ruthlessly conform to a never-ending regimen of daily planners, colour-coded to-do lists, sticky notes on the bathroom mirror and time management seminars.

Most of us fall somewhere in-between. We know how to look ahead and contemplate the future. We either set specific goals or we have some notion of what we would like to do, even if we haven't written down exactly how we intend to do it. Major decisions are thought through carefully, while how to spend each hour is usually guided by our intuitive sense of what is important at that moment. This means that our day-to-day decisions are not completely random, nor are they always planned and executed with the precision of a military mission.

Then comes the diagnoses of Parkinson's. For some, this means they stop planning for their future because they don't think they have any control over their future, so what's the point in making plans. For them, even day-to-day decisions can become a challenge. But decisions are necessary in order to Take Charge of your Parkinson's. So that you are the manager of your Parkinson's and you are not allowing the disease to control you. You need to set goals.

It is important to choose the right goal or goals. A goal is a target you set for yourself. It is something you want to be able to



do that you either can't do or aren't doing now. It may even be something you want to be able to do in the future. It is crucial that you believe your goal is attainable, otherwise you won't even try to achieve it. Goals can be things like

- To play golf once a week
- To join an exercise class such as Tai Chi or Dance therapy
- To join a support group
- To contact a friend

To reach a goal you need to create a plan. Without a plan the goal is only "wishful thinking" and never gets implemented. Goals need to be important to you, they need to be Realistic and Measurable.

Make your goal(s) official

Write it down, personally tell it to one or more people – make it a true goal, a personal commitment, a decision.

Keep to the plan

Once you have a plan, the biggest challenge is to stick with it. It is easy to procrastinate or get distracted by the responsibilities of daily life. Sometimes the difference between success and failure is just a periodic nudge

from an external source. This is why sharing your goals with someone can be helpful.

Stay flexible

You know only too well that life throws surprises at us, so any good plan allows for contingencies.

Last but not least, review your goals periodically to make sure they are still things you really want.

The Bad News and the Good

It is with regret that I share with you that my lovely associate Sarah Roojee, who has been with who has been with Parkinson Society Central and Northern Ontario for the past two years, has found a new job close to her home in Ajax. This will make a great difference to Sarah's quality of life but for those of you whose lives Sarah has touched you know, SHE WILL BE MISSED!!

The good news is that I have a new associate, John Barclay, with whom I have worked in the past and look forward to working with in the future.

New Group

We are looking for individuals with Young Onset Parkinson's who would be interested in attending a support group in the east of our region. Peterborough has a small group currently meeting, but there are individuals in Cobourg, Trenton and Belleville who would be interested in meeting as well.

Please call Andrew Haynes at 905-753-2365 or Karen Dowell 1-800-565-3000 ext. 3376 for more details.

Around the Region

FOR MORE INFORMATION ABOUT
SUPPORT GROUPS CALL
1-800-565-3000 ext. 3372

Burlington Chapter

It's been a very busy 2008 and our group will be even busier in 2009 celebrating our 10th anniversary. Over this decade there have been a number of people who have—and are still—contributing to our success. As result, they were nominated for the Ontario Volunteer Award for five years of service and we were fortunate to have six of our members receive this award back in June.

We would like to congratulate Sheena James, Jim Lehmann, Norma and Doug Gibson, Sandy Salvucci and Edie Misiak for all they have done and continue to do. Without our volunteers, we would not be able to support our community as we do.

Don't forget to mark your calendars for the Burlington SuperWalk on Sunday September 14th. For more information, please see www.superwalk.com. Our group will return to our regular monthly meetings, with guest

speakers, on Monday September 22nd. All are welcome.

— Maureen Thun

Kingston Chapter

In April Awareness month we sold potted tulips and Bernice Westlake and Felicity McKendry entered the Mayor's Walk wearing Parkinson Aprons to raise funds and awareness.

In May, at the Belleville meeting, President Peter Skelton challenged other chapters to do a grassroots survey to ascertain how many people in our area have PD by contacting local neurologists' offices.

The May Doc Talk CNOR conference at Holiday Inn was well worth attending. Andrew Haynes parlayed a Keirstead framed painting of tulips and windmill into almost \$1,900, which helped finance the conference. Nurse Sandy Weatherby was recognized for her years of work and dedication.

Those who answered our member interest survey listed

learning more about PD, social contact and interesting speakers as their top concerns.

Our SuperWalk will be at Lake Ontario Park on Sept. 13th, with entertainment and a silent auction at the Long House, organized by Sue Extence. We also plan a golf tournament at Glen Lawrence on Sept. 27th. On Oct. 16th, our chapter is hosting the next CNOR District meeting at the Seniors Centre.

— Felicity McKendry

Leaside Support Group

This is the last submission I will be making as facilitator. After nine years with the group and eight as facilitator, I have decided to "retire." It has been a distinct pleasure working and spending time with the members, both those with PD and also their caregivers. I want to thank Reverend Nick Athanasiadis and his helpful staff for allowing us to use the Leaside Presbyterian Church par-

Asian Hockey Tournament Helps People with Parkinson's

Parkinson Society Central and Northern Ontario was recently the grateful recipient of funds raised from the 3rd Annual Asian All Star Charity Game in Markham.

The intent of the event was to have the Japanese and Chinese communities working together for a great cause, while playing some high tempo hockey. Sara Lawson, the Region's Community

Development Coordinator – GTA was on hand on May 3 to watch the exciting games, cheer on the participants, and accept the cheque on behalf of the Region.

Many thanks to Jeff Chang, his family, and the other organizers of the event for their enthusiasm and for supporting people living with Parkinson's.



hour. A special thanks to Marg Seal who unfailingly ensured the room was set up, obtained every item of equipment I requested, and prepared refreshments.

To my fellow members: I have enjoyed our time together. It is with a certain sadness that I am leaving you. I will miss you. I will miss being your group leader. Some of you have been with me from the beginning. Friends. Many have come and gone. Friends lost. We say, "Let's keep in touch," but we don't. We say "Give me a call sometime," but it doesn't happen. However, you will stay in my memories. Thank you for allowing me into your lives.

— Ron Penwarden

Muskoka Support Groups

The North Muskoka (Huntsville) and South Muskoka (Bracebridge) support groups gathered for summer picnics in July. Recent programs have included presentations from representatives of local community support services. We learned about what is available for transportation, friendly visiting, telephone assurance, and seniors' luncheons.

Members of both support groups, family, and friends will be enthusiastically participating in the first Muskoka SuperWalk on September 13 in Bracebridge. Organizer Tina Webster has gathered sponsors and prizes to make it a fun-filled morning and to bring much needed awareness of Parkinson's.

— Karen Boyer

Niagara Chapter

The April meeting was very special for us as we held our first Open House during Parkinson's Awareness Month. Visitors enjoyed the Parkinson's Information Table manned by Karen Dowell of the Regional Office, the displays of local health care agencies and suppliers of health care equipment, and the Memorabilia Table. We were pleased to have a good attendance including six or seven newly

diagnosed people seeking information. While socializing during refreshments, we enjoyed a Tai Chi demonstration by instructors, some of whom were Parkinsonians. Fresh tulips were sold.

Our recent speakers have provided information on the local VON program, Living with Parkinson's; Sandie Jones, Education Coordinator spoke on Cognitive Change – Parkinson's or Old Age; and Greg Bailey shared his experiences as a recipient of Deep Brain Stimulation. At our July meeting Karen Dowell, PSC Regional Office, addressed us on Moving into Year Three.

This Spring, our chapter staffed booths at three area Senior Information Days and provided Parkinson's pamphlets at two senior centres.

Our SuperWalk will be held at a new location, Lock 3 on the Welland Canal in St. Catharines on Sunday, September 14th. Registration at 1:00 PM.

— Paul Passmore

New North Bay Support Group

A new support group initiative will be starting up in North Bay this fall. The meetings will consist of information and education sessions and will feature guest speakers from a variety of health fields, as well as provide current information through publications and videos. This is an invaluable opportunity for people living with Parkinson's to meet other people who can provide support and encouragement. For more information, please contact Nigel Wood at 1-705-474-2038 or Donna Makela at 1-888-237-4453.

Oakville Support Group

June 24th was such a beautiful day, the Oakville Group was able to do exercises and have a delicious pot-luck luncheon in the lovely gardens of St. Jude's Church. Classes will resume Sept. 09, 10 a.m. at St. Jude's.

— Phyllis Egbert

North Simcoe Chapter

In June, current and new members enjoyed our annual & delicious summer BBQ hosted this year by Angela and John Ingram in their beautiful garden.

Two successful Tag Days were held in July in Midland and Penetanguishene to raise funds for NSC.

Our Aug 28th meeting was a "first" — a fun Midland Lawn Bowling event enthusiastically orchestrated by Brian Walser.

With the guidance of Val MacLean and George Heathwood our 2nd Annual Midland-Orillia SuperWalk will take place on Sunday Sept 14, 2008 at the Midland Town Docks.

On Sept 25th Chiropractist Erin Fairbanks will be speaking to our members about foot care related to Parkinson's.

Peter F. Thompson, a "lawyer who uses creativity to battle Parkinson's," will be our feature speaker at the October 23rd meeting.

To our great sorrow, friend and fellow member Joe Hrizo passed away in June. Our sincere condolences go to his wife Patricia and their family.

Due to personal concerns Donna Rowlandson resigned as President as of June '08. NSC thanked Donna for the passion she brought to her Presidency and for an interesting and productive year. VP Val MacLean took over as President and also retains the position of Fundraising.

— Penny McDowell



Donna Makela and Marie-Claude Bedard, summer student in Elliot Lake

Spring Volunteer Tea

On June 17, Parkinson Society Central and Northern Ontario was pleased to host the annual Spring Volunteer Tea. It was a wonderful day for many reasons:

First, it is Parkinson Society Central and Northern Ontario's way of expressing its gratitude to the volunteers who work tirelessly throughout the year, and particularly those who helped to make April Awareness a success.

Second, we held the tea in our brand-new conference centre in our new offices at 4211 Yonge Street. The conference centre, connected to our new office one door down the hall from our old digs, is a state-of-the-art, beautiful space to have meetings and social occasions. We were pleased to show off our new space to our friends!

Third, we presented two of our volunteer awards – the Derek Current award to Andy Haynes of Cobourg, and the Ian Davidson award to husband and wife team Judy Hazlett and Roger Buxton of Markham. Andy is the third recipient of the Derek Curwen award which is given to acknowledge outstanding

fundraising efforts and chapter leadership as well as support of Central and Northern Ontario and the mission of Parkinson Society Canada.

Andy has worked tirelessly in Northumberland County, primarily with the tulip campaign, raising more funds from tulips than any other chapter outside of Toronto.

The Ian Davidson award is given to a person living with Parkinson's disease who has increased public understanding of the disease, shows compassion and guidance to others, and advocates on the part of others. Judy and Roger have taken Judy's early onset diagnosis and turned it into a positive force in their lives, through their efforts with the Markham Support Group and many innovative awareness activities such as educating police and emergency workers about the nature of Parkinson's disease.

Anything that happens at Parkinson Society Central and Northern Ontario could not happen without the commitment and enthusiasm of our volunteers. We are honoured to work with them.

Book Review

In Age Reborn, By Grace Sustained

By Sister Thelma-Anne McLeod, SSJD

Published by Path Books, ABC Publishing, 142 pages

Reviewed by Christina Mills

Sister Thelma-Anne takes us on an emotional journey in this informative and beautifully written book. She tells us a little about her life before diagnosis, and then outlines her journey from the autumn of 2001 to the end of 2005, giving us glimpses of her fears, anger, denial and hope.

We all can relate to everything she describes. At time she loses her faith, but her wonderful support and caregivers help her to become a stronger person with deeper feelings of faith.

She notes that in progressive illness, the grieving process must be gone through again and again with each new loss, until the peace of acceptance is felt. Sister Thelma-Anne writes that slowly progressive chronic illnesses, "Provide opportunities to make mistakes and to learn from them."

She has many suggestions for Care Partners and those with Parkinson's. She advises us take life slowly, to do few things, but to do them well. Don't worry about conventions, she says, but do what is easiest for you. Join a support group and allow time needed now (not that of our pre-Parkinson days) to perform tasks of daily living.

L to R: Robert McNutt, Mary Martin, Marg Turner, Don Turner. Seated: Roger Buxton, Judy Hazlett



Giving Back

This July, Parkinson Society employees and volunteers gathered for a reception and cheque presentation with representatives from the Independent Mortgage Brokers Association of Ontario (IMBA) and First National Financial LP.

The presentation was the culmination of a relationship that started when Lorne Collis, an event planner and founding member of IMBA, contacted Debbie Davis, Executive Director of Parkinson Society Central and Northern Ontario, to ask if IMBA could raise money at their two day conference and trade show in early May to benefit Parkinson Society.

Funds raised from events ensure Parkinson Society can fund support services that ease the burden for people with Parkinson's and research that will one day lead to a cure. Benefit events can take many forms from golf tournaments to bake sales. Frequently the organizers are people with Parkinson's or their friends and family.



Left to right: Debbie Davis, Executive Director, Parkinson Society Central and Northern Ontario; volunteers Sylvia McNutt, Robert McNutt, and Ian Russell; David Mandel, President of IMBA; Shaun K. Westlake, First National Financial LP; Lorne Collis.

When IMBA was looking for a charity to benefit from a game at the conference, Parkinson Society was suggested in honour of Mr. Collis, who was diagnosed with the disease three years ago. Despite his diagnosis, Mr. Collis is still very much active with his own

business and the IMBA conference that he has managed for seven years.

IMBA holds a number of events throughout the year, with most benefiting charities. For David Mandel, President of IMBA, giving

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No event is too big or too small! Without you, we wouldn't be able to fund the programs and research that ease the burden for people affected by Parkinson's. If you are interested in planning an event with proceeds benefiting Parkinson Society, please contact us at 1-800-565-3000 ext. 3378 or 416-227-3378, or by email at info.cnor@parkinson.ca. We would be pleased to offer advice and guidance on how to get started.

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

Card No.: _____ Expiry Date: ____ / ____ Signature: _____

Please complete the following information:

Mr. Mrs. Ms. Miss Other: _____ First Name: _____ Last Name: _____

Address: _____ City: _____ Province: _____

Postal Code: _____ Telephone: _____ E-mail: _____

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 e-mail updates about Parkinson Society Canada activities

Please contact me about how I can make a gift in my Will

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

Tax receipts are issued for donations of \$10 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 still prefer not to have your name traded, please tick here:

Thank you for your support!

LiveWire is published four times a year to provide people affected by Parkinson's in Central and Northern Ontario with helpful information. It is not meant to be medical advice and does not necessarily reflect the views of the Parkinson Society or the LiveWire Editorial committee. Readers should contact their doctors in all matters relating to health concerns and/or your medication.

The LiveWire Editorial Committee is made up of volunteers Carolyn Jackson, Ron Penwarden, and Ian Russell and staff member John Barclay. The committee welcomes feedback on current and past issues as well as suggestions and submissions for future issues. Contact the Regional office at 416-227-3372 or 1-800-565-3000 ext 3372 or by email to livewire@parkinson.ca.

Material required by

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proceeds to Parkinson Society was a natural choice. "Parkinson's disease hits close to home," he says. "Choosing the Society to benefit from the event is our way of giving back to the community."

In addition to raising funds from the charity game, First National Financial LP brought in Steve Thomas from the Toronto Maple Leafs to sign autographs, again with proceeds benefiting Parkinson Society.

Parkinson Society volunteers assisted with the autograph session and charity game, which was appreciated by attendees. As Mr. Collis explained, "having such dedicated volunteers at the show made Parkinson's disease and the Society very prominent."

Adding to this, Debbie Davis believes "volunteers like Lorne and associations like IMBA who give their time and resources are essential to the success of Parkinson Society. We cannot thank them enough for all their hard work and support."

Over \$2,400 was raised in support of programs and services!

SuperWalk 2008 dates

- Georgetown Halton Hills**
Sat, Sept 13 Gellert Community Centre Track
- Guelph**
Sat, Sept 13 Silver Creek Park
- Hamilton**
Sat, Sept 13 St. Giles United Church
- Kingston**
Sat, Sept 13 Lake Ontario Park (Long House)
- Midland-Orillia**
Sun, Sept 14 The Midland Town Dock & Rotary Trail
- Newmarket Aurora**
Sun, Sept 14 Fairy Lake
- Niagara**
Sun, Sept 14 Lock 3 St. Catharines
- Peel Region**
Sun, Sept 14 Erindale Park
- Peterborough**
Sun, Sept 14 Thomas A. Stewart S.S.
- Sudbury**
Sat, Sept 27 Terry Fox Sport Complex
- Thunder Bay**
Sat, Sept 27 55+ Older Adults Centre
- Toronto**
Sun, Sept 14 Earl Bales Park-Toronto

LiveWire
Parkinson Society of Canada
Central and Northern Ontario Region
321, 4211 Yonge St.
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