

# live wire

A Newsletter Uniting Central & Northern Ontario

The Central & Northern Ontario Region of the Parkinson Society Canada is the voice of all those living with Parkinson's throughout Central & Northern Ontario. Our purpose is to ease the burden and find a cure through support services, education, advocacy and research.

**Spring 2007**

## April Awareness in CNOR

April Awareness must have touched everyone at some point this year!!

There were Mayoralty proclamations in over 20 communities, tulip sales in Toronto and six other cities. There were also infomercials on elevators in Toronto and in supermarkets in other parts of the Region, an online article in April's *Canadian Living Magazine*, and an insert in the *Globe and Mail*. On April 24th MPPs wore ski boots to "give the boot to Parkinson's" at Queen's Park. Representatives of Parkinson Society Canada were on *CH Morning Live* in Hamilton, *Breakfast Television* in Toronto and *Rogers Cable* in Guelph. Parkinson's was the subject of articles in local papers across the Region.

Chapters and support groups held events or had public information tables at their local malls to inform the public about Parkinson's disease and the support that they can provide to those struggling to cope with the symptoms.

*Dr. Q. Almeida, Dr. D. Stewart and Sandie Jones (CNOR) at the Royal Botanical Gardens in Burlington for the 2nd Agro Talk*



*Volunteer Julie Long sells tulips for Parkinson's in Union Station in Toronto*



*Amy Rogers and two volunteers selling tulips in Peterborough*



## Hope on Display April 11<sup>th</sup>

It was truly a celebration of hope – eleven wonderful artists and lots of cake!

That initial diagnosis of Parkinson's disease can be devastating. However, as the well known author, Dr. Oliver Sacks says, "The therapeutic power of art is liberating. Even the anticipation of working on your art is beneficial."

Those who attended the first annual Hope on Display were treated to the mellow sounds of Peter Thompson's vocals, tongue twisting limericks by Dr. Gordon Hardacre, fancy keyboard work on a grand piano by Nancy Antonacci and her sister Carol Birch, and a moving interpretive dance by Judy Hazlet and dance partner, Cynthia Croker. And that was just the live performances!

This event was intended to bring together established artists, who also had Parkinson's, to display their work and share their story with the public. Organizer Karen Dowell made just 12 phone calls and got 11 artists wanting to attend. George Dingman, author of "And the Walls... Come Tumbling Down" was wintering in Florida, but was so keen to be part of the event that he sent his close friend, Peter Calvert, to display his book.

Also on display were Lynda McKenzie's creative photographs and cards, Jamshid Azarian's stunning oil paintings, Ellen Alban's beautiful beaded jewellery, Bruce Hall's exquisite sandblasted stain glass, and lovely watercolours by John Scaini, new to the world of painting since being diagnosed. Colin Edwards showed videos on the art of land sailing and his recent experiences traveling at 70 miles an hour.

A sincere thank you to all the

artists who attended and to the people of the Performing Arts Lodge for all their help.

Look for an expanded Hope on Display next year. I anticipate one in each of the five districts of CNOR as there is no shortage of artists out there.

## Taoist Tai Chi Open House

*CNOR staff member Karen Dowell reports on the Taoist Tai Chi open house events held on April 22 and her own visit to one of them.*

What a warm welcome I received at the Guelph Club! I got there in time to see a number of tai chi "sets" performed and to enjoy some of the wonderful refreshments. I hope our readers and support group members took the opportunity to check out the club near them and to see the "health recovery" adaptations of the original Tai Chi moves.

Paul Pasmore of Niagara Chapter was amazed to learn he could stand straight up from a chair if he just put his both arms straight in front of him at shoulder level and stood up. Previously he needed a chair with arms and a back and forth motion to get it done.

CNOR is thankful to all the clubs across the region and to the Taoist Tai Chi Society for working with us to make it happen.

We are excited about our next joint venture with the Society which will take place Saturday October 27 at the Society's Orangeville Health Recovery Centre. It will be an all day event with lots of practice of Tai Chi and a wonderful lunch. There is no cost for the event itself but for those needing a bus from Toronto there will be a charge. More information will be available closer to the date of the event. (Readers can also contact Karen at 1-800-565-3000 ext. 3376.)

## Promising results from PSC Supported Research

The National Office of the Parkinson Society Canada made its own contribution to "April Awareness" in CNOR. National staff put on a luncheon meeting in Toronto featuring Dr. Jackalina Van Kampen, a Canadian doing Parkinson related research at the Mayo Clinic in Florida, who is partially funded by PSC.

Dr. Van Kampen spoke of some of her research in which new dopamine neurons that have the right connections have been created in laboratory animals. Further research indicates that the newly generated cells do improve the animal's motor ability. With continued research effort, these findings could eventually lead to new therapeutic strategies for people with Parkinson's.

Dr. Van Kampen added some comments that are more immediately relevant to people currently dealing with PD. Her results in the laboratory seem to support taking Ginseng and doing Tai Chi. While she did not want to be specific, for example in terms of quantity or timing, it did seem clear that she thought both to be worth considering.

In addition to reporting on some very important research results Dr. Van Kampen entertained the gathering with stories about growing up and doing her early studies in Nova Scotia.



Donald Fraser and Jane Hall selling tulips at the CBC in Toronto



## Second Annual Agro Talk A Great Success!!

April 4th Dr. Dwight Stewart and Dr. Quincy Almeida of Kitchener/Waterloo spoke to a full house at the Royal Botanical Gardens in Burlington. A bus load of 48 folks from the Niagara Region boosted the number of attendees to nearly 400.

Sponsored in part by Home Instead and in partnership with St. Joseph's Health Care, the Hamilton Chapter, Hamilton Halton Early Onset Parkinson's Support Group and the Burlington Support Group hosted people from all over the south west area of our region.

Many of those attending were familiar with Dr. Stewart's open and caring manner as he is their Movement Disorder Specialist. Dr. Stewart practices out of Kitchener and is an excellent speaker on the basics of Parkinson's disease and what's happening at the moment in terms of advances in research. His presentation included slides that were both easy to follow and very informative and his thorough answering of everyone's questions was appreciated.

Dr. Quincy Almeida of Wilfrid Laurier University spoke on his research on re-programming the brain to accommodate for the interruption in motion experienced with Parkinson's. In the ongoing studies, Dr. Almeida hopes to prove that by doing specific exercises on a regular basis, people with Parkinson's will be better able to do everyday tasks. He shared preliminary findings from the study in which volunteers with Parkinson's commit to attend special classes three times a week at the Y in several locations for one year. Results of this exciting study will be published in 2008.



*Jamshid Azarian and his oil paintings - Hope on Display*



*Dr. J. Van Kampen  
discussing with Ian Russell*



*Shirley Popoff & Assunta  
Scaini at the Tai Chi Open  
House*

## Volunteers Recognized and Appreciated

Central and Northern Ontario Region staff want to send a big THANK YOU out to the Region's many volunteers and, in particular, to chapter and support group leaders and their various committees who are the face of the Parkinson Society Canada in communities around the Region. The staff notes that it is the staff's privilege to work with them as they offer information and share fellowship in over 40 communities in the Region.

In this issue, *livewire* is pleased to publish the names of three specific individuals, named the winners of two of the Region's awards for volunteers.

### Derek Curwen Award

This year's award goes to Bill Heinmiller of Peterborough Chapter. Bill has not only been a SuperStar Walker for many years, but has worked with the chapter on tulip sales, tulip bulb sales, and the Chapter's annual garage sale in May. True to the requirements of this award Bill also plays a large roll in the day to day running of the Chapter and is a support to the attending members.

### Marilyn Forbes Award

The Award Committee had a wonderful response to the request for nominations for the first year of the Marilyn Forbes Award. It expressed its thank you to everyone who took the time to write or email. Two stood out in terms of years of service, support of others, and outstanding achievement. Congratulations to: Jill Bethune-Williams of Toronto and Ian Pearson of Mississauga who are co-recipients of this year's award.

Presentation of these awards will take place in June.



*Ryan Tripp (Bracebridge) and other members of the Advocacy Committee at Queen's Park*

## Note from Editorial Advisory Group

*livewire* received some feedback regarding the cartoon on drooling which appeared in the Winter 2007 issue. Some of our readers were clearly offended.

Two of the members of the Editorial Advisory Group are persons with Parkinson's and both have to deal with sialhorrea (drooling). One was, in fact, the originator of the cartoon and he got the idea from his caregiver. We were looking at it from the point of view that a little humour can help us through the difficult times. We, as adults, should be able to laugh at ourselves occasionally. "Laughter is the best medicine" as Reader's Digest used to say.

Regrettably not everyone viewed the cartoon as we did. We do not want to give up on the use of humour. However, it does carry some risks. What some find humorous, others may find offensive. Without putting limitations on our mandate nor inhibiting our desire to publish an interesting and educational newsletter, we will try not to do anything which could be hurtful to any reader.

Ian, Ron and Sarah.

## Ontario Advocacy

Following the lead of the National Advocacy Committee, the Ontario committee hosted an Advocacy day at Queen's Park on March 29 2007.

Shannon MacDonald, of Bliss Communications, expertly coordinated the event. She managed to get 26 MPPs committed to meeting with the teams composed of Advocacy Committee members and volunteers. Armed with enthusiasm and high spirits the teams descended on the hallowed halls of Queen's Park.

The Advocacy event consisted of meetings with MPPs Wednesday, Thursday, and Friday. Thursday we hosted a luncheon. Many of the MPPs who attended also had meetings with us. They listened with sympathy and understanding, were interested in learning more about Parkinson's disease and most seemed committed to helping move our agenda forward. Thursday concluded with a meeting with The Honourable Mr. George Smitherman, Minister of Health.

Overall, it was a very positive experience. On April 11, Dr. Shafiq Qadri, MPP, read a statement in the legislature.

Thank you, to all the volunteers and committee members who made the day such a success.

Jean Keary  
Chair Ontario Advocacy  
Committee

*Advocacy Committee members are: Carmel Boosamra PSO, Dr. Gordon Hardacre, CNOR, John Parkhurst, Suzanne Lawson, Linda Samis PSC (support) David Lipson SWO. Ryan Tripp CNOR, Jean Keary, CNOR*



## The Internet and Parkinson's An Introduction to New Users

New users need to be aware that the internet is largely unregulated. There are many web sites providing information on Parkinson's but not all are reliable. Some may have information which is out of date, incomplete, misleading or, in some cases – false.

You can get information by going directly to a web site or by going through a “search engine” such as Google ([www.google.ca](http://www.google.ca)). A search engine will identify sites that cover the subject of your interest but the information on some of them may be less than satisfactory. It is best to use sites you have good reason to believe are reliable.

The Parkinson Society of Canada has published “Surfing the Web – an Introduction and some suggested sites for people affected by Parkinson's”. It has advice regarding the use of the Internet and lists a number of the better web sites. It is available in hard copy or e-mail from the CNOR office.

We would like readers to submit reviews of their favourite or not-so-favourite sites for future issues. In the meantime, a good place for beginners wanting information on Parkinson's is PSC's own site. [www.Parkinson.ca](http://www.Parkinson.ca)

It is probably the best source of information on the Parkinson Society, its affiliates, and their activities. While it does not contain a lot of detailed medical or scientific information on the disease, it does have a lot of general information. Its description of the symptoms of

Parkinson's is over 400 words and the section on medication almost twice that. This site should be on any *liveWire* reader's favourite list.

*(Note: at the time of writing PSC was implementing a new version of this site and experiencing some start-up problems. We trust these will be sorted out by the time this liveWire is delivered.)*

## CNOR Executive Director says Good-bye

In early April, Christopher Rawn-Kane announced that he had accepted an offer of a position with another organization and would be leaving the Parkinson Society later in the month.

Chris was appointed Executive Director of Central and Northern Ontario Region on June 1st, 2003. He has seen the organization come a long way towards the goal of being a financially self-sufficient entity helping to ease the burden of people with Parkinson's.

At the gathering, prior to his departure, Chris noted that he had the distinct and absolute privilege of working with a terrific group of staff and dedicated volunteers. He praised the people in many communities across the Region who have come together to provide support for themselves and others.

We all thank Chris for his contribution to the Parkinson Society and wish him the best.

The position of Executive Director-CNOR, has been advertised internally and externally. The objective is to have an appointment made in time for the new person to be on board by the end of the summer.

## BOOK REVIEW

### *Parkinson's Disease Second Edition*

William J. Weiner, M.D  
Lisa M. Shulman, M.D  
Anthony E. Lang, M.D, F.R.C.P

Reviewed by Ron Penwarden

You will not be disappointed if you obtain this book. This is an excellent read for those with PD and their caregivers.

This complete guide is written in layperson's terms and covers everything you could possibly want to know, including: what is Parkinson's; who gets it; symptoms; behavioural changes; young onset; how a diagnosis is made; types of Parkinsonism; how the brain works; drug therapies; diet; exercise; alternative therapies; surgical treatments; hospitalization; research; plus many photos, illustrations and diagrams that are easy to understand, plus much more.

I have read a number of books on PD but I think this one has set the bar pretty high.

A Johns Hopkins Press Health Book

Chapters-Indigo Website has it at \$18.86.

Amazon Website has it. Available at Parkinson Society Canada-Central and Northern Ontario Region Office.



Jason, Tia, Raffaello & Tony of Raffaello's Salon on Cut-a-thon Day in Toronto on April 29th

# Spring Revival: Baseball & Parkinson's

By Dr. Gordon Hardacre

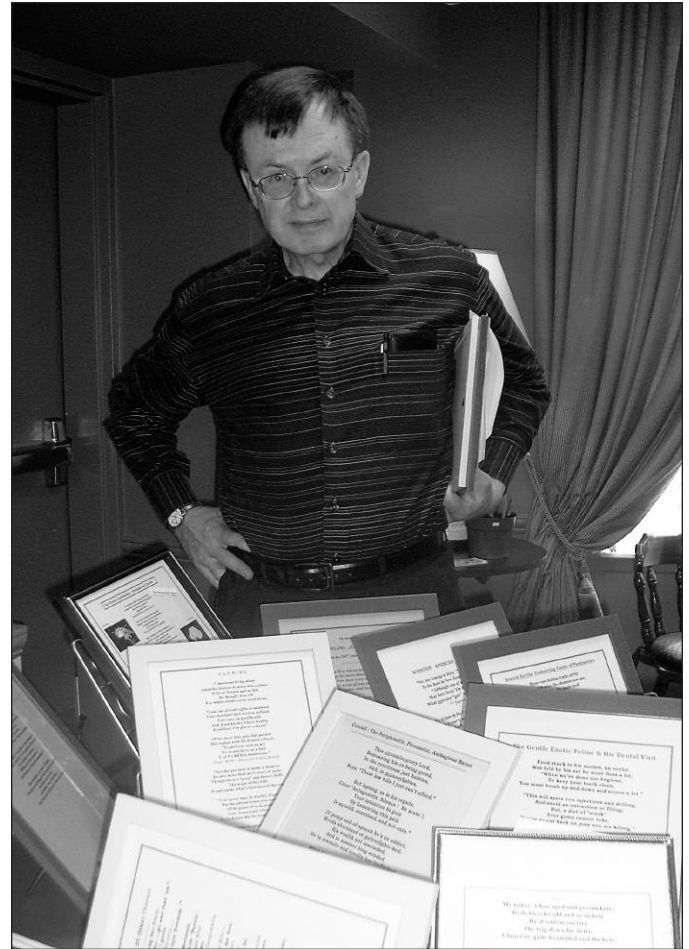
It's spring, an occasion for a change of pace from previous articles. I confess, over a lifetime and notably at this season of the year, I've been and am a baseball fan(atic). Since 1977 I've been a Toronto Blue Jays fan(atic). And during the past decade, initially out of necessity, but more recently out of sheer desire, I became, like many of you, a Parkinson footsoldier, a PD fan(atic). I confess to a certain pride in the link between "my" Blue Jays and the cause of Parkinson's Disease advocacy. Before I elaborate on that link, a brief digression (out of idle curiosity only!) to another tie-in of sorts---baseball's ancestry and the times of James Parkinson himself.

"Rounders" was an English children's game with features of a primitive baseball. First mentioned in the 1744 publication "A Little Pretty Pocket-Book", a detailed description appeared in "The Boy's Own Book" in 1828. The lifespan of Londoner Parkinson was 1755-1824, coincident in place and time with the evolution of Rounders (I wonder if he played or observed?). An English newspaper writer Henry Chadwick, the first to cover baseball, asserted its almost unquestionable origin in Rounders. However, A.Spalding (of the Spalding brand of baseball), the American publisher of Chadwick's treatise in "Spalding's Baseball Guide 1903", refuted the English origin and called for a commission of historical enquiry, which in 1907 claimed Abner Doubleday as the (American) inventor of today's familiar game. Ironically, Spalding

himself played with an 1889 American group that competed against a champion English Rounders team in Liverpool.

It is publicly known that Mrs.Cherie Zaun, mother of Jays catcher Gregg Zaun, gallantly copes with PD, and has made the ceremonial throw for each of the last two "Pitch In for Parkinson's" nights at the Toronto Rogers Centre, in June '05 and June '06. Last year, I had the honour of displaying on-field a giant cheque to the Parkinson Society, with Gregg and Cherie Zaun, and others of CNOR. In addition to being an important Blue Jays starter, Gregg is a sensible, articulate and non-arrogant gentleman, impassioned with winning the very different battles inherent in his chosen career and in his mother, respectively. He is a great credit to his team and to "the cause", having assisted in the logistics of obtaining her diagnosis in 2003, having learned about the disease, and having established his own foundation. Like her son, Mrs. Zaun has been a professional athlete, in the past, competing on the LPGA Tour. Golf and baseball have been my own main spectator and participatory sports.

Other North American athletes



*Dr.Hardacre with his amazing Limericks - Hope on Display*

have been linked to PD, most notably Muhammad Ali, whose past loquacious yet harmless ring-strutting I find to be an intriguing contrast to a whimsical humility and gentleness accompanying his current Parkinsonian state.

Baseball, while a contest of athletic skills, is also an exercise of cerebral strategy against the moves of one's opponent, and one I see as not greatly unlike the "battles" involved in our own neurological condition. Distinguished researchers pursue many leads down different roads, sometimes emerging at the status quo, thankfully more often emerging a little ahead,

occasionally a lot ahead. It is like enduring a contest which is destined for nine innings, or akin to playing this bat-and-ball game which has no timeclock. We the “living with PD folks”, accompanied by our loved ones and caregivers, scientists and fundraisers, must be in it for the long and difficult haul.

Our clinical comrades are diligently seeking their own elusive “grand slam home run” along the way. Day by routine day, bit by painstaking bit, the mysteries behind dying nigral brain cells are being stripped away. Work takes place for the benefit of current and future generations on the application of

sure ways to “ease the burden” and of creative steps to “find a cure”. So, this year, make it a personal project to watch or play some baseball, and to participate in your own way, with the assistance of Parkinson Society Canada, in the struggle against this prevalent movement disorder.

## Pitch In for Parkinson's

The 18th annual Pitch In for Parkinson's is taking place on Thursday June 21st as our Toronto Blue Jays take on the Los Angeles Dodgers at Rogers Centre. This is a spectacular and fun-filled event that enables CNOR to generate awareness and raise funds at the game.

There are 3 ticket packages available: \$35 gets you a seat in Field 100 or Club 200 levels; \$65 gets you a seat, a pre-game buffet in Windows Restaurant with host Ryan Paton, an autograph signing session with Blue Jays catcher Gregg Zaun; \$109 gets you a pre-game and

in-game buffet at Windows with Pitch In host, Ryan Paton, an autograph from Gregg Zaun and access to great raffle prizes including authentically autographed baseballs signed by the Blue Jays. To order your tickets, please call Brandon Jopko at 416-227-3374.

## ONTARIO DUCT CLEANING

As Indoor Air Quality (IAQ) specialists, we at Ontario Duct Cleaning understand the importance of maintaining healthy lifestyles for people living with Parkinson's. Since IAQ is a key part of any healthy lifestyle, we offer all recipients of **live<sup>wire</sup>** a 15% discount on Duct Cleaning services!

Call 416-292-9700 and refer to this advertisement.

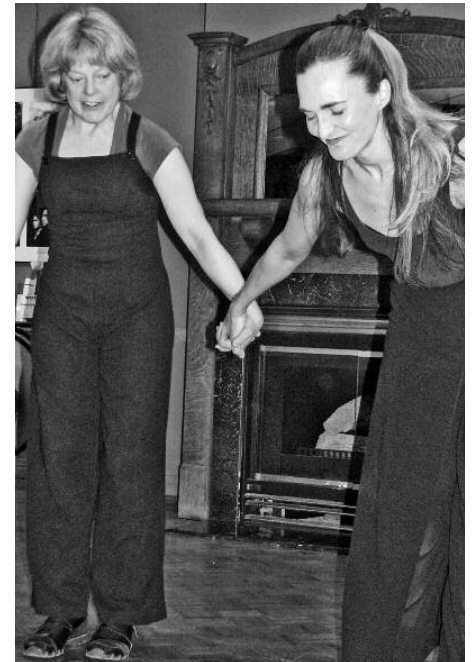
Operating in Ontario for 27 years, we serve residential and commercial customers all across Ontario.

***“We provide Premier, Worldwide Indoor Air Quality & Duct Cleaning Services, utilizing state of the art technology and communications through effective and ethical business practices.”***

For a **FREE** no obligation phone estimate call

**1-800-668-3828**

[www.ontarioductcleaning.ca](http://www.ontarioductcleaning.ca)





# Around the Region

---

## Alliston Support Group

Our small, friendly and enthusiastic group has re-started monthly meetings at the Simcoe Manor, Beeton on the first Tuesday of each month at 7:30pm. We gather in a small refreshment area admirably suited to our size, even for having a guest speaker. In August we will be making our annual pilgrimage to a member's farm for an afternoon picnic meeting. This is always well attended with a selection of pot luck supplies.

We are starting to organise the Alliston Superwalk for Parkinson's to be held on Saturday September 8th at 10am, registration opens at 9:30am. Start location is the Lions Pavilion in Riverdale Park by Fletcher Crescent, Alliston. That is right beside the Stevenson Memorial Hospital. Hope to see you there.

We know that there are a few people affected by Parkinson's in our area, even though they have not ventured out to our meetings. If anyone would like to meet us, either individually or as a group, please contact our group coordinator, Bob Nicholls at 705 435 6835, or Les Stevens at 905 936 5644.

---

## Burlington Support Group

We meet monthly to share information with each other.

We often have guest speakers.

On April 4, along with the Parkinson Society (Central and Northern Ontario Region), we hosted a symposium at which Dr. Dwight Stewart and Dr. Quincy Almeida spoke to a crowd of approximately 500 people on the newest studies being done on Parkinson's. (See picture on page 1 & article on page 3). We were quite taken by the number of attendees and the questions being asked. It allowed us, as a local support group, to lend a voice and continue to educate.

We spent two days selling tulips, being successful in selling the 100 bunches we had committed to.

We also raised over \$500 for our group selling over 200 soaps. The sale of Soaps by Bless Collection allowed us to purchase more books and educational tools for our members.

Becoming part of this team has been a great experience for me. I have met some wonderful people whom I now consider friends. Most importantly, I realized that I not only needed them, but that they needed me and that is a good combination.

You can access our website at: [www.ulearn.com](http://www.ulearn.com). Click on demos/etc. Look under sponsor's title

---

## Belleville-Quinte Chapter

Greetings to all from the Belleville - Quinte Chapter. Our April meeting was an interactive one. Marg Ruttan, a student in the Personal Support Worker (PSW) program, asked my group: "Tell me what you want health care workers to know about Parkinson's". Everyone got involved and there was lots of good information to share. Marg was taking this information back to fellow students... it was a great learning session. Also present at the meeting was Sharon Brewster, a VON nurse in charge of the care program. She said the information will help her train her nurses and PSWs when they are caring for people with Parkinson's.

In May, we have invited Gord Carley, author of *Surviving Adversity*, to speak at our meeting. His book features inspiring stories of those living with Parkinson's. Check his website at [www.survivingadversity.com](http://www.survivingadversity.com).

Bev Hanna-Jones

---

## Thunder Bay Chapter

This is my first time writing an article for the *liveWire*. My husband was diagnosed with Parkinson's disease 5 years ago and we have both been members of the Thunder Bay Branch of the Parkinson's Support Group for two years. We now sit on the Board as well. Until my husband's diagnosis, we were both very naive about the disease, only knowing that it was a disease that had afflicted Michael J. Fox for several years.

Joining the Support Group has provided us with a wealth of knowledge about the disease, how to cope and avenues to pursue when the disease progresses. Without these meetings we would have been totally at a loss. We have met many wonderful, caring people, two of whom are Jim Forbes and his wife Elaine. Jim is the President our Parkinson's Support Group. I would like to thank them both for their overwhelming caring and support.

Plans are progressing for the Parkinson's Super Walk in Thunder Bay on Sept. 8. Another 10 week exercise program designed specifically for people with Parkinson's has begun. The group meets every Tuesday and Thursday for an hour. My husband can attest to the significance of these classes as he can now do things he hasn't been able to do for some time.

I hope everyone enjoys a wonderful, safe and happy summer.  
Annette Graham

---

## Peterborough/Lindsay Chapter

For more information contact Vivian Heinmiller (705) 741-4205 or [billhein@nexicom.net](mailto:billhein@nexicom.net)

Please note: We have changed the time of our regular meetings to the third Thursday of each month except June, July & August. Meetings are





Vivian Heinmiller from the Peterborough-Lindsay Chapter and Jill Burkholder from the Centre for Movement Disorders in Markham

held at the Auburn Bible Chapel on Armour Rd. at 1:30 pm often preceded by voice practice or singing.

Caregivers' meetings are held on the first Thursday of each month, except July and August at St. James United Church at the corner of Aylmer and Romaine Sts. at 1:30 pm Contact Amy Rogers at 743-5479 for information

Parkinson exercise classes led by YMCA staff are held during meeting months at the new YMCA building on Friday mornings from 10:30 am to 11:30 am. Members who attend exercise or Tai Chi classes receive a subsidy from the Chapter.

Our chapter has a BBQ, Draw, Plant, & Bake Sale each May on the weekend after the long weekend to raise funds for chapter activities. We also have displays during April Awareness, sell fresh cut tulips, tulip bulbs, organize a SuperWalk for Parkinson's and send out a quarterly newsletter.

### Recent Activities

#### Parkinson Awareness Month

We kicked off the month with a mini-conference, featuring Dr John Adams and Jill Burkholder, which had over 150 participants. The chapter presented Jill with a framed certificate of appreciation for the support she has given our members over the years. We also donated

\$4,000 to research and \$4,000 to CNOR for its activities.

We sold 300 bunches of fresh cut tulips at the Lindsay Mall, the MNR Building and the Spring Garden Show in Peterborough. Gord Carley, author of *Surviving Adversity: Living with Parkinson's Disease* was the presenter at our April meeting and sold his books to an enthusiastic audience. His proud mother is a member of our Chapter.

We held a combined Open house with The Taoist Tai Chi Society in Lindsay and Peterborough on April 22 to educate members about the benefits of exercise for people with Parkinson's.

### Upcoming Activities

#### Saturday, June 9

Annual Picnic at the Fowlers' home outside Lakefield

#### June 21

"Pitch In for Parkinson's" We would like to challenge other chapters to beat Peterborough's attendance at "Pitch In"! A great way to have fun & support Parkinson's

### Leaside Support Group

Having support group meetings is like meeting friends. Some of the friends leave and it's never pleasant losing friends. Parkinson's controls some of the situation – about who leaves and who stays. Others leave because maybe group meetings were not for them, or they move away. Or any number of other reasons. Some stay, for years. They may not attend every meeting, but they keep showing up. It's always nice to see old friends. Some phone me. I feel honoured that they would call and want to talk to me. I've been facilitator for seven years. I hope I can keep it up for another year or so. A warm welcome to the new members and I hope that those of you who are ailing, get better soon. We miss you at the meetings. Finally, I would be remiss if I didn't thank Lenore and Marg for their continuing support.

Ron Penwarden

### Facilitator

#### Guelph/Wellington Chapter

Sandie Jones spoke to us at our March meeting, of one of her greatest concerns: Are patients in institutions of care receiving their medication on time? A new advocacy program is encouraging that the slogan "Get it on time" be posted by the patient's bed and on the chart, to remind staff that getting meds on time is essential for the PD patient.

Following Sandie's address the membership voted to donate \$3,000 to this advocacy program.

Karen Dowel, our regional liaison, will be serving our Chapter as the facilitator for the next year. Welcome Karen!

Wilfried Rauser, co-leader of the Guelph Taoist Tai Chi Centre, gave a masterful presentation at our April meeting. In his preamble he explained the several benefits of Tai Chi for people with Parkinson's. He put the group through a series of exercises, explaining the why of each move. Three of our group, experienced at Tai Chi, went through ten of the first moves of a set of 108.

June Kaethler

#### Hamilton Chapter Boat Cruise

### Summer Outing on the Harbour Queen

Thursday, June 14, 2007  
11:00am



Call Vivian Wilson  
at 905-387-0129 for information  
and/or tickets

---

## Toronto Chapter Update

April was an exciting month for the Toronto Chapter, as our strategic plan for 2007 moved into action. The newly-created Fundraising and Membership Committees have started meeting and putting plans into place for the next year. Watch future *livewires* for reports of new events, new social opportunities, and new learning opportunities.

The **Hope in Bloom fresh tulip campaign** was a huge success! The money is still rolling in; the quality of the flowers was exceptional and volunteers and customers alike had a great time. Thank you to all the dedicated volunteers selling the tulips and especially the Hope in Bloom Committee.

The **Cut-a-thon for Parkinson's** took place on Sunday April 29 after a six year hiatus. We are so excited that this wonderful event is back on our calendar and are already making plans to make next year an even bigger success!

The **Parkinson Choir** is planning their first rehearsal in May. A choir director and accompanist have been recruited, and all that remains is to find a place to rehearse! If you are interested in joining the choir – remember the choir is open to people with Parkinson's and their loved ones – please call 416-227-3377 or email [sara.lawson@parkinson.ca](mailto:sara.lawson@parkinson.ca). Remember you don't have to be Placido Domingo, you just have to love to sing!

A big thank you to Marg and Don Turner for hosting a guided tour of the Kortright Centre on April 15. It was a wonderful way to celebrate spring and Parkinson Awareness Month.

Watch here for news about a Conference on Parkinson's in October. The theme will be "Living Well – Really Well! – with Parkinson's". You can learn about increasing your creativity and self

esteem, the benefits of exercise, and many other issues that will enhance your life.

You may also be interested in attending **People in Motion 2007: Canada's Largest Exhibition for Disabilities** at the Queen Elizabeth Building at Exhibition Place on June 1 and 2. For more information call 1-877-745-6555 or visit [www.people-in-motion.com](http://www.people-in-motion.com).

Finally, we have launched a **GTA Newsletter** specifically for people and events in the GTA. The first edition was released in the beginning of April. If you would like to receive the newsletter by mail or by email, please contact Sara Lawson at 416-227-3377 or [sara.lawson@parkinson.ca](mailto:sara.lawson@parkinson.ca).  
Sara Lawson

---

## Muskoka Support Group

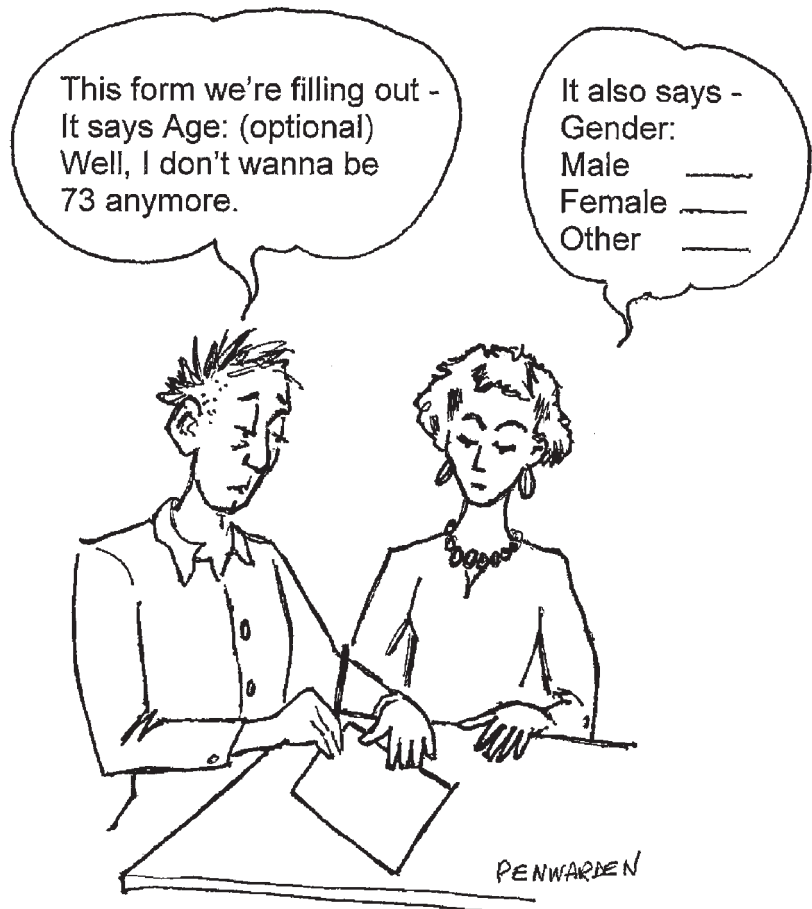
The Muskoka Parkinson's Support Group has been holding monthly

meetings for about five years. There is a core group of about 15 people who regularly attend. Volunteers telephone each person to let him or her know about the upcoming program and pass on any news.

Our meetings are friendly and informal. They begin with a welcome and introductions, followed by reading of some humour. There is an opportunity to ask questions and share information that has been sent from the National or Regional offices of the Parkinson Society. We usually have a speaker and at our December and August meetings enjoy pot luck lunches.

Due to the driving distance, a group has recently formed in Huntsville. We welcome anyone to attend.

For information, contact Karen Boyer, at Caregivers Voice, 705-646-7677 or [caregive@muskoka.com](mailto:caregive@muskoka.com)





## Kingston Chapter

Renowned Kingston painter, James Kierstead created a beautiful, restful painting, *Escarpment, Windmill and Parkinson Tulips*. It is especially meaningful to those who have Parkinson's. Mr Kierstead has

granted full copyright to Kingston Chapter as a Parkinson's fundraiser. Proceeds will go to the Central and Northern Ontario Region. Contact Felicity McKendry at 613-544-5225 or mckendry@cogeco.ca regarding purchasing a reproduction.

## Guidelines for *live*wire Submissions

*live*wire objectives are to be of interest and/or useful to people with Parkinson's, their family, friends, and care givers

### Parkinson Quiz # 3

The following terms are often heard while discussing Parkinson's. Can you match the words on the left with the meanings on the right?

- |                               |   |
|-------------------------------|---|
| 1 What is a neuron?           | a) Involuntary clenching of the eyelid  |
| 2 What is kinetic tremor?     | b) Restless leg syndrome  |
| 3 What is a neurotransmitter? | c) Essential tremor. A condition more common than Parkinson's, which often includes shaking of the hands or head, and an unsteady quality of the voice. |
| 4 What is hallucinosis?       | d) Also referred to as action tremor. Patients experience this when they move their arms. Occurs later in Parkinson's than at rest tremor.              |
| 5 What is bletharospasm?      | e) A cell that generates or conducts electrical impulses to carry information from one nerve cell to another.   |
| 6 What does half life mean?   | f) A biochemical substance such as dopamine, that carries impulses from one part of the brain to another.   |
| 7 What does RLS mean?         | g) The time taken for the concentration of a drug in the bloodstream to decrease by one half.   |
| 8 What does ET stand for?     | h) A state of experiencing hallucinations.  |
| 9 What is formication?        | i) Freezing of gait.  |
| 10 What does FOG mean?        | j) The sensation of ants walking on your skin. The word is taken from formic acid, a substance found in ants.   |

Answers on last page

#### 1. Content

- articles on practices to help manage Parkinson's, e.g.,
  - nutrition/diet
  - exercise
  - Dealing with tremor, freezing, balance, etc.
- reports on new products or services for dealing with Parkinson's
- articles on how others with Parkinson's have dealt with the challenges
- reports on research results or new research being undertaken
- information on recent and upcoming activities from
  - groups around Central and Northern Ontario Region (CNOR) and the regional office
  - other regions in Parkinson Society Canada
  - the National Office
  - cartoons or humorous pieces

#### 2. Overall Tone

We want *live*wire to be

- Upbeat/positive/optimistic but, at the same time, realistic
- Relatively light overall but not avoiding important subjects that are difficult or "heavy"
- Humorous but, always, in good taste

#### 3. Other

- Length of submitted pieces – ideally not more than one page or about 450 words
- Not too technical – will be understood by layperson
- Nothing in the nature medical advice unless it is authored by a medical professional

**live*wire*** is published four times a year. The objective is to provide people with Parkinson's and their caregivers information which will be useful to them.

**live*wire*** would like to hear from its readers. Comments, suggestions, jokes, cartoons, and articles related to Parkinson's are welcome. Submitted material may be edited. The **live*wire*** Editorial Advisory Group is made up of volunteers, Ian Russell and Ron Penwarden and staff member, Sarah Roojee. Contact the regional office by phone at 416-227-3372 or 1-800-565-3000 ext.3372 or by email to [livewire@parkinson.ca](mailto:livewire@parkinson.ca)

<b>Material required by</b>		<b>Issue delivered by</b>
Winter	23 Jan	28 Feb
Spring	23 Apr	31 May
Summer	23 Jul	31 Aug
Fall	23 Oct	30 Nov

### Answers to Quiz # 3

1-e, 2-d, 3-f, 4-h, 5-a, 6-g, 7-b, 8-c, 9-j, 10-i

### Volunteer for **live*wire***

The **live*wire*** Editorial Advisory Team is looking for an additional member or members. The team is currently comprised of one staff person and two volunteers, all living in the Toronto area. It would like to have representation from other parts of the Central and Northern Ontario Region to better ensure that **live*wire*** is useful and interesting to its full readership.

Ideally, team members attend working meetings in the Region Office to plan, compile, and edit each issue. An alternative would be participation through email review of editorial material and consultation through telephone conference calls. Previous experience with newsletters or some form of written communication media would be useful. Access to email is essential.

Contact the Editorial Advisory Team at [livewire@parkinson.ca](mailto:livewire@parkinson.ca) or through Sarah Roojee at 416-227-3372 or 1-800-565-3000 ext.3372

**Help support programs and services within the Parkinson Society Canada, by purchasing these lovely candles that read:**



These candles make an excellent gift for family, friends and loved ones while generating hope to ease the burden and find a cure! All proceeds go to Central & Northern Ontario Region.

Each box, set of 3 candles, retails for \$15 or 3 boxes for \$40.

**Call 416-227-3374 to place your order.**

**live*wire***  
Parkinson Society of Canada  
Central and Northern Ontario Region  
321, 4211 Yonge St.  
Toronto ON M2P 2A9

Canada Post  
Canadian Publications Mail  
Sale Product agreement  
No. 40624078