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Save the Date!
Mind, Mood & Parkinson’s Seminar

Anxiety, depression and changes in memory and thinking can have significant impact on quality of life for those living with Parkinson’s and their loved ones. In addition, fatigue and insomnia can undermine function. New local neurologist and agency Board member Dr Alex Henri-Bhargava will present on mental health and Parkinson’s and offer strategies to manage the challenges that may arise. We will also be covering mood disorders common in Parkinson’s and the many options to address anxiety, apathy and depression. We will also offer an experiential component during the day to demonstrate useful tools to enhance wellbeing for all participants. Our next newsletter early December will have registration details so stay tuned!

We are pleased to announce this special event will be taking place on Monday February 10th, 2014.
Beyond Medical Model with Parkinson's

How healthy do you feel? Is it based on what health problems you are dealing with, such as a Parkinson's diagnosis or some other more significant health challenge? Is it more about what you can still do or the things you've had to give up doing because of the impact of health on your function? Is how you feel health-wise based on how you feel physically or mentally, which may fluctuate a lot? Do you feel most healthy when you are in a good mood and are feeling positive about life in general? Regardless of your mix of health challenges, many would say how healthy they feel depends on many aspects of their lives.

A medical model description of Parkinson's is based on a diagnosis, prognosis, treatment plan and a healthy lifestyle. Medications are used when symptoms become problematic and the PwP (Person with Parkinson's) is encouraged to maintain a healthy lifestyle through nutrition, a good range of exercise, positive attitude, a satisfying social life and meaningful endeavors. This is the service model that our agency has provided for many years and we are committed to providing the best scientifically supported information on the medical model and the best self management strategies available. We will continue to base our services on best practices.

We also support those who choose an integrative health care model, which can mean many different things to different people. It may suggest that Parkinson's is a sign that there may be imbalance within the body. An integrative health care follower may decide to address these imbalances by an internal exploration such as:

- listening to the messages the body sends us through symptoms that need our attention;
- exploring areas of our psychological health to resolve deep sources of stress or negative self regard;
- learning more about our mental patterns that can feed joy or discontent;
- looking at our social connections and the quality of our relationships; and
- exploring our core beliefs that serve or hinder our wellness. Spiritual practices can also deepen our understanding of ourselves and how we view our intrinsic worth and purpose in life.

Another perspective on integrative health care is to view our state of health as representative of the extent to which our needs are met. As Maslow’s hierarchy of needs portrays, basic needs for food, water, sleep, safety etc. need to be met before we can attend to higher level needs such as belonging, confidence and finding fulfillment in our day-to-day relationships and roles in our life. From the unmet needs model, we would explore our internal power source, gain new insights about our needs, heal old wounds and choose a healthy approach to addressing needs we have not yet fully discovered and addressed.

Consider the placebo effect for a moment. Isn't it amazing to recognize that the placebo effect is known to be especially strong in Parkinson's? I continue to be inspired by knowing that those of you dealing with Parkinson's can positively influence the impact it has on your lives. I am honored to witness your victories every day.
There is no magic bullet ‘out there’ in the world, but within yourself there lies an abundance of power that you can access and in those challenging times when you forget, we are here to remind you of how truly powerful you are. Each person’s journey to wellness is their own uniquely chosen path. We at the agency want all who follow a path to wellness to know we are here to support you with open and compassionate hearts. If you wish to connect with others approaching Parkinson’s as an internal healing journey, I will happily connect you.

Hugs,

Maureen Matthew

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**Upcoming new program - Motion Ways**

In partnership with the CRD and Headway Victoria Epilepsy and Parkinson’s centre we are pleased to present Motion Ways! Motion Ways is a movement meditation class for people with neurological conditions that make participation in conventional dance classes too difficult. It is also for their spouses and caregivers. Using music and movement, Lindsay Beal will facilitate a process of exploration, creativity and mindfulness. This is an opportunity to dance without steps, to go at your own pace, and to follow your physical needs. It runs one hour each week for eight weeks. Registration is required. Please contact Lindsay Beal at 250-475-6677 or lbeal@vepc.bc.ca

**Facilitator Lindsay Beal**
Start-Sep 23, 13  
End-Nov 25, 13  
Times 1:45 -2:45  
Cost  $30.00
Parkinson’s Support Groups

West Shore and Sidney Groups
These facilitated groups provide opportunities for people with Parkinson’s and spouses to learn from one another, support one another and discuss the hot topics of PD. If you have not attended before please contact Maureen Matthew or Lindsay Beal to make sure there have been no changes. 250-475-6677.

West Shore Group
WHEN: meets the third Tuesday of every month from 1:30 – 3:30
WHERE: at the Alexander Mackie at 753 Station Ave.
Note: This is a NEW location!

Symptom Management
In the spirit of giving for the month of December, the West Shore group is planning to learn from each other. What is your best practice for dealing with PD symptoms? We will have a few volunteers share and demonstrate their practices with enough time for the rest of the group to give it a try. We already have a volunteer to lead us through his Tai Chi exercise!

Sidney Group
WHEN: meets the first Tuesday of every month, unless it is a holiday in which case it will meet the following Tuesday. Meeting times are 1:30 – 3:30 p.m.
WHERE: Located in the Saanich Peninsula Presbyterian Church, 9296 East Saanich Rd.

Music Therapist
You may have noticed changes in your voice, softer, gruffer, or mumbled. You may have noticed eating requires concentration. These might be related to the musculature in your throat. Like all muscles they too need exercise. Well, how fun can that be? Music therapist, Nejama Ferstman will introduce us to vocal exercises that have the added joy of musicality. She will be joining us at the Sidney Group in November to bring alive the benefits of rhythm, song and exercise. You might find singing can enhance your communication and add a little lift to your step!

Upcoming Educational Topics
Our education resources have primarily consisted of printed material, and gatherings with guest speakers. To create new education resources more efficiently, and to make them more accessible to our members and the larger community, we are video recording local healthcare professionals on their schedule, speaking about their topics of expertise. One video we are currently working on is Supplements and Parkinson’s. This video, featuring Dr. Pam Hutchison will cover issues, concerns and risks as well as provide a basic overview of supplements and their benefits. Another video on the works is Bowel & Bladder Health Management. Constipation and urinary issues are some of the most common concerns for individuals with Parkinson’s. These issues have the potential to quickly impact quality of life. These videos will also be available to the West Shore and Sidney Groups as stimulus for group discussion. Look for other upcoming videos in our educational library at the centre or on our webpage at www.headwayvictoria.com
# Headway Victoria Epilepsy and Parkinson’s Centre

**Programs and Events Calendar**

**Call 250 - 475-6677 or contact mmatt@vepc.bc.ca or lbeal@vepc.bc.ca**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Program/Event</th>
<th>Topic/Coordinator</th>
<th>Venue</th>
<th>Register/Drop-In</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday Sept. 3, 2013</td>
<td>1:30 - 3:30</td>
<td>Sidney Group</td>
<td>Topic TBD</td>
<td>Sidney</td>
<td>Drop-In</td>
<td>Don.</td>
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<tr>
<td>Tuesday Sept. 17, 2013</td>
<td>1:30 - 3:30</td>
<td>West Shore Group</td>
<td>Topic TBD</td>
<td>West Shore</td>
<td>Drop-In</td>
<td>Don.</td>
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<tr>
<td>Mondays Sept. 23 - Nov. 25</td>
<td>1:45 - 2:45</td>
<td>Motion Ways</td>
<td>Lindsay Beal</td>
<td>Cedar Hill</td>
<td>Reg.</td>
<td>$30</td>
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<tr>
<td>Monday Sept. 23, 2013</td>
<td>10 - 2:30</td>
<td>Caregiver Workshop</td>
<td>Maureen Matthew</td>
<td>Sally Ann</td>
<td>Reg.</td>
<td>$20</td>
</tr>
<tr>
<td>Thursdays Sept. 26 - Oct. 31</td>
<td>10:30 - 1:00</td>
<td>CDSMP</td>
<td>Jennifer Morgan</td>
<td>VEPC</td>
<td>Reg.</td>
<td>free</td>
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<tr>
<td>Tuesday Oct. 1, 2013</td>
<td>1:30 - 3:30</td>
<td>Sidney Group</td>
<td>Topic TBD</td>
<td>Sidney</td>
<td>Drop-In</td>
<td>Don.</td>
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<tr>
<td>Tuesday Oct. 15, 2013</td>
<td>1:30 - 3:30</td>
<td>West Shore Group</td>
<td>Topic TBD</td>
<td>West Shore</td>
<td>Drop-In</td>
<td>Don.</td>
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<tr>
<td>Monday Oct. 21, 2013</td>
<td>10 - 2:30</td>
<td>Caregiver Workshop</td>
<td>Maureen Matthew</td>
<td>Sally Ann</td>
<td>Reg.</td>
<td>$20</td>
</tr>
<tr>
<td>Tuesday Nov. 5, 2013</td>
<td>1:30 - 3:30</td>
<td>Sidney Group</td>
<td>Singing as Therapy</td>
<td>Sidney</td>
<td>Drop-In</td>
<td>Don.</td>
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<tr>
<td>Tuesday Nov. 19, 2013</td>
<td>1:30 - 3:30</td>
<td>West Shore Group</td>
<td>Topic TBD</td>
<td>West Shore</td>
<td>Drop-In</td>
<td>Don.</td>
</tr>
<tr>
<td>Tuesday Dec. 3, 2013</td>
<td>1:30 - 3:30</td>
<td>Sidney Group</td>
<td>Topic TBD</td>
<td>Sidney</td>
<td>Drop-In</td>
<td>Don.</td>
</tr>
<tr>
<td>Tuesday Dec. 17, 2013</td>
<td>1:30 - 3:30</td>
<td>West Shore Group</td>
<td>Symptom Management</td>
<td>West Shore</td>
<td>Drop-In</td>
<td>Don.</td>
</tr>
<tr>
<td>Ongoing Tues. and Thurs.</td>
<td>11:30 - 12:30</td>
<td>Seated Exercise</td>
<td>Lindsay Beal</td>
<td>Cedar Hill</td>
<td>Reg.</td>
<td>$5 class</td>
</tr>
<tr>
<td>Ongoing Mon. and Thurs.</td>
<td>1:00 - 2:00</td>
<td>Seated/Standing Exercise</td>
<td>Lindsay Beal</td>
<td>Sil. Threads</td>
<td>Reg.</td>
<td>$5 class</td>
</tr>
<tr>
<td>Monday February 10, 2014</td>
<td>TBA</td>
<td>Mind, Mood, and PD Seminar</td>
<td>Maureen Matthew</td>
<td>Sally Ann</td>
<td>Reg.</td>
<td>TBA</td>
</tr>
</tbody>
</table>

**Venue Locations:**

- **VEPC**: Garth Homer Bldg., 813 Darwin Ave. (unless we have moved)
- **West Shore**: Alexander Mackie, 753 Station Ave
- **Sidney**: Saanich Peninsula Presbyterian Church, 9296 East Saanich Rd.
- **Sally Ann Citadel**: 4030 Douglas (Turn North off McKenzie)
### FAMILY CARE GIVER’S NETWORK FALL CALENDAR

<table>
<thead>
<tr>
<th>Facilitator</th>
<th>Topic</th>
<th>Date and Time</th>
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<tbody>
<tr>
<td>Allison Reeves, RCC for Family</td>
<td>Effectively Managing Criticism and Negativity from Others: A</td>
<td>Monday September, 30, 2013 6:30-8:00</td>
</tr>
<tr>
<td>Caregivers</td>
<td>Workshop</td>
<td></td>
</tr>
<tr>
<td>Maureen Grant, CSW</td>
<td>Compassion Fatigue and Resiliency in Family Caregivers</td>
<td>Wednesday October, 23rd, 2013 6:30-8:00</td>
</tr>
<tr>
<td>Allison Reeves, RCC for Family</td>
<td>Strengthening Your “Caregiver Backbone”: Assertiveness Skills</td>
<td>Thursday October 10th, 2013 6:30-8:00</td>
</tr>
<tr>
<td>Caregivers</td>
<td>for Family Caregivers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Talking About Those “Taboo” Caregiving Topics</td>
<td>Wednesday November 13th, 2013 6:30-8:00</td>
</tr>
<tr>
<td>Barbara Small, FCN</td>
<td>Tips for Long-Distance Caregivers</td>
<td>Tuesday November 26th, 2013 6:30-8:00</td>
</tr>
</tbody>
</table>

Register for FREE by calling the Care-ring Voice Network at 1-866-396-2433 or register on-line at www.careringvoice.com.

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**Pilates for Parkinson’s**

Pilates, with its emphasis on gentle, controlled movements, is ideal for counteracting the progressive degenerative effects of Parkinson's. Pilates for Parkinson's is centered around principles of balance, coordination, posture, mobility, and functional movement patterns with a gentle, low-impact approach. In addition to the physical maintenance benefit, Pilates can also help restore and maintain self-confidence, and a sense of well-being.

**Instructor:** Jacqueline Sloan  
Clinical Pilates / Physiotherapy Assistant  
3 person maximum per class session  
Initial assessment with Physiotherapist required  
$30 per 1 hr session  
*covered under extended health care plans as physiotherapy service*  
Multiple class times available depending on demand  
*Private session with instructor is recommended before joining class for quality of instruction and safety reasons*

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**Yoga for Parkinson’s**

Are you interesting in yoga? Whether you are new to yoga or not, we all want to know more about how yoga can specifically help with Parkinson's. Dr Kaitlyn Roland is looking to start regular “yoga for Parkinson's” classes this fall, as well as continue with monthly workshops focusing on specific topics, such as balance, posture, hips, shoulder flexibility, and meditation. Kaitlyn is a certified yoga instructor and has a PhD in Parkinson’s muscle function. For more information, please contact Kaitlyn Roland at 250-589-2046; kaitlyn.p.roland@gmail.com or visit her website at kaitlynroland.wordpress.com.
Summary by Maureen Matthew

Wellness strategies including a healthy diet, a good range of exercise, positive attitude, and fulfilling social connections can enhance quality of life with Parkinson’s and reduce the need for medication. When needed, there are many anti-Parkinson's medications available and new options are in the pipeline. So far, all the medications treat PD symptoms, but we hope to have drugs to slow or stop progression in the foreseeable future.

KEY POINTS IN THE USE OF ANTI-PARKINSON’S MEDICATION

All medications have side effects, so the decision to use meds is based on weighing the potential benefits against potential side effects. Sometimes a trial of medication is needed to learn about the potential pros & cons for each person.

The goal of medication is to reduce the symptoms to a level that will allow the person with Parkinson’s (PwP) to function and stay engaged in a good range of activity that enhances joy in life.

It is also critical that people maintain involvement in regular exercise for this movement disorder, which sometimes necessitates medication to treat symptoms.

Treatment is aimed at restoring dopamine levels in the brain. Other nerve cells and brain chemicals may be affected, so dopamine treatment will not necessarily relieve all PD symptoms (eg balance impairment, tremor, anxiety, depression or changes in thinking, etc)

No two people react the same, so drugs choices and doses are unique for each individual.

It is very important to take your medications at regular intervals and on time. Listening to your body's response to treatment helps you learn when you need to time your doses.

To minimize the risk of a nausea side effect from PD medication, they are generally prescribed to be taken with food during the adjustment phase.

Medication timer devices can help ensure you do not miss doses and take them at regular intervals.

It is important to note that all anti-PD medications can cause drowsiness and impair driving skill.

Your physician is dependent on you (and sometimes your family) to report when symptoms are not well-controlled or when side effects are occurring, hence it is very important to:

- be well-informed about your Parkinson’s symptom profile;
- to understand what the drugs should do and their side effects;
- to know your patterns, i.e. when medications are working well/when they are not/ when you may be experiencing side effects; and
- to keep an updated list of all your medications, vitamins, herbs and supplements in your wallet and ensure that your doctor is aware of everything that you are taking.

OVERVIEW OF AVAILABLE ANTI-PARKINSON’S MEDICATION

ANTICHOLINERGIC DRUGS (Artane/ trihexphenidyl, Cogentin/ benztropine, etc.)

This is the oldest type of PD drug therapy, which balances brain dopamine and acetylcholine levels

Best for young onset with tremor as main symptom

Seldom used in those over 60 due to risk of confusion

Side effects include dry mouth, blurred vision, urinary retention, confusion and memory loss.
DOPAMINERGIC DRUGS (Sinemet/levodopa & carbidopa, Prolopa/levodopa & benserazide)
This is the most common and effective class of anti-Parkinson’s medication
Levodopa converts to dopamine in the brain to restore function
Carbidopa or benserazide stops the conversion of levodopa to dopamine before it reaches the brain
Used in all stages of PD for slowness, stiffness, facial rigidity, gait impairment, handwriting, etc.
Use is sometimes delayed among young onset (eg 40 year olds) who are more prone to side effects
There are five different types of Sinemet – three immediate release (IR) and two controlled release (CR)
Levodopa can, especially over time at higher doses, over-stimulate brain cells causing side effects including stomach upset, postural hypotension, confusion, hallucinations and dyskinesia (chaotic involuntary movement)

DOPAMINE AGONISTS (Parlodel/bromocriptine, ReQuip/ropinerole, Mirapex/pramipexole)
Commonly used to treat early stages for young onset Parkinson’s
Stimulates the dopamine receptors in the brain
Not as effective as levodopa drugs and commonly used in combination with a dopaminergic agents
Used to treat slowness, rigidity, restless leg syndrome and possibly tremor
ReQuip & Mirapex are not covered by Pharmacare unless the physician applies for special authority coverage
Side effects include nausea, vomiting, hypotension, confusion, hallucinations and dyskinesia. Parlodel can affect the lungs or induce painful swollen feet.

AMANTADINE (Symmetrel)
Stimulates dopamine release in the brain but how it does this is unknown
Used in early Parkinson’s or for those with dyskinesia
Reduces slowness, rigidity and possibly tremor
Side effects include hallucinations, confusion and dizziness. A red mottled skin color may appear on the legs and ankles may swell.

COMT INHIBITORS (Comtan/entacapone)
Useful for those taking levodopa who have wearing off spells between doses
It is taken at the same time as levodopa and prolongs its action
Sometimes physicians introduce Comtan in a two step process: Take Comtan together with Sinemet, then if dyskinesia, reduce the accompanying Sinemet dose.
Side effects include dyskinesia, psychosis and diarrhoea

MAO-B INHIBITOR (Azilect/rasagiline, Deprenyl/selegiline)
Inhibits an enzyme that breaks down dopamine.
It has not yet been confirmed that Azilect protects neurons from further deterioration. This is still under study.
Sometimes used for early stage PD with or without levodopa

OTHER MEDICATIONS SOMETIMES USED FOR PEOPLE WITH PD
Parkinson’s is a mix of motor and non-motor symptoms and everyone has their own unique mix
Other medications are sometimes used to treat nausea in Parkinson’s, constipation, anxiety or depression, imbalance due to drop in blood pressure, insomnia, pain or memory loss.
Many people may be dealing with other health conditions as well, so their treatment plan is more complex
Parkinson’s and Nutrition

Summary by Sandra Graham

We recently had the pleasure of having Dr. Pam Hutchison come to our agency to share her knowledge on the topic of Parkinson’s and nutrition. As a naturopathic doctor, Pam’s practice is based on holistic principles which involve treating the whole person and focusing on natural medicines. While Pam identified several key components to promoting wellness for individuals living with Parkinson’s, a prominent key was cited; nutrition. Nutrition, Pam states is critical. Focusing on a diet that is dense and rich in nutrients can help to support a healthy immune system and can help to support vital organs.

The Mediterranean diet is one that is nutrient rich; focusing on high intake of fruit, vegetables, nuts, and whole grains. This diet offers foods which are high in anti-oxidants, fiber, and nutrients. Additionally, this type of diet encourages protein sources which are more plant based rather than meat based. Plant based sources of proteins, while not entirely understood, have been identified as less interfering with levodopa absorption due to carbohydrate and protein ratios (Sanchis et al. 1991). Legumes, seeds and nuts are examples of plant based sources that are high in carbohydrate to protein ratios (5:1).

Over the next few months we will continue to revisit the topic of nutrition as it relates to Parkinson’s symptoms and challenges. We look forward to Dr. Pam Hutchison’s return in the fall when we will be discussing supplements and Parkinson’s. If you feel you would benefit from learning more about nutrition you can access our educational resources at the centre. Additionally, our Parkinson’s coordinator Maureen Matthew can direct you to outside resources including online sources and local practitioners.

Sources:
Hutchison, P. 2013 Acacia Integrative Health Clinic www.acaciahealth.ca

Mediterranean Style Bean Salad

290g jar artichoke hearts in oil
1 tbsp sundried tomato paste
1 tsp white wine vinegar
410g can cannellini beans, drained and rinsed
300g pack small vine tomatoes, quartered
(about 12 in total)
handful Kalamata black olives
2 spring onions, thinly sliced on the diagonal
200g log soft goat’s cheese, crumbled

1. Drain the jar of artichokes, reserving 3 tbsp of the oil. Pour the oil into a bowl and stir in the sun-dried tomato paste and vinegar until smooth. Season to taste.

2. Roughly chop the artichokes and tip into a large bowl with the cannellini beans, tomatoes, olives, spring onions and half the goat’s cheese. Stir in the artichoke oil mixture and tip into a serving bowl. Season to taste. Crumble over the remaining goat’s cheese, then serve.

Recipe from Good Food magazine, September 2005
Practical steps to promoting wellness

Content provided by Pam Hutchison edits by Sandra Graham

The array of Parkinson's symptoms, motor and non-motor, can pose challenges to performing day to day tasks and can impede on everyday quality of living. Dr. Pam Hutchison has made some recommendations which address some common challenges experienced by individuals living with Parkinson's.

1. Diet
   - Try to incorporate a diet that is:
     - High in fruits, vegetables, nuts, seeds, legumes, beans, whole grains and olive oil.
     - Moderate in fish and seafood, poultry, eggs, cheese and yogurt
     - Low in red meat, organ meats, butter and sugar

2. Hydration
   - Hydration is essential. Dehydration can affect electrolyte balance as well as create constipation issues. Water is the best hydrator. Try to drink a minimum of 1.5 liters per day. Sipping throughout the day versus consuming glassfuls at a time, will decrease the urgency and frequency of urination times. Cluster drinking prior to 6pm can help reduce the need to urinate during the night.

3. Exercise
   - Research supports the benefits of exercise for delaying and reducing symptoms in individuals with Parkinson's. Start with low intensity exercises and gradually increase time and intensity. Cycling and treadmill training have been shown to be particularly beneficial as they improve gait speed, stride length, and walking distance.

4. Sleep
   - Practice good sleep hygiene. Avoid stimulation prior to bed time. Incorporate a bed time routine that allows you to wind down and decrease stress. This can be as simple as allowing lots of time to prepare for bed and making sure you have clean sheets. Calcium and Magnesium supplements taken at bedtime may help with sleep. You can talk to your doctor about whether this is a good option for you.

5. Constipation
   - Hydration, exercise and fibre can all help with constipation issues. If you continue to have problems you can try probiotics or consult your healthcare professional about digestive enzymes.

6. Anxiety and Depression
   - Spend time outdoors exercising. Maintain your social supports and or find a social support group. Meditation training and mind-body medicine can often be helpful to provide insight along with symptom improvement.

7. Restless Leg and Toe curl
   - Look into an assessment for low blood pressure, inadequate minerals levels and edema, if you think any of these might be an issue/concern. Avoid caffeine and simple carbohydrates as they can cause aggravation of symptoms. Some find stretching, yoga, leg raises before bed can be helpful.

Source: Hutchison, P. 2013 Acacia Integrative Health Clinic www.acaciahealth.ca/practitioners/pamela_hutchison

Note: The information provided reflects the opinion of a trained practitioner. It is not meant to replace face to face consultations. Always speak to your healthcare professional before starting a new treatment program.
Caregiver’s Corner

Upcoming Fall Caregiver workshops

Navigating Parkinson’s for Family Members/Caregivers

Parkinson’s affects both those diagnosed and the lives of those closest to them. We are pleased to offer the first ever Parkinson’s education workshop specifically for family members to attend on their own.

Facilitator: Maureen Matthew, Parkinson Program Coordinator
Where: Salvation Army Citadel 4030 Douglas Street (above Mckenzie)

Understanding Parkinson’s helps build compassionate support. We will review some of the basic challenges of Parkinson’s for loved ones and how to help while also respecting the choices of your Parkinson’s loved one in coping with their condition. We will look at both the loving compassionate side of caregiving and the shadow side that is difficult for all of us to acknowledge in ourselves without judgment.

Together with others on this Parkinson’s journey, you will be invited to seek greater inner clarity about your intentions, what’s working and any areas of Parkinson’s support that you would like to refine for yourself. You will then be invited to develop or check in with your burnout prevention plan to strengthen your confidence in coping long term.

We will take a brown bag lunch break which offers you time to connect with others. We expect that you will go away feeling more connected with others and with new insights to help you cope well on your journey with Parkinson’s.

Pre-registration required:
• Space is limited, but a waitlist will be created if needed
• Call or email Maureen Matthew at 250-475-6677 mmatthew@vepc.bc.ca
• Cost is $20 when you register (by donation for limited income)

Exploring Help Available From VIHA & Private Sources – Join the 2 Maureens!

Facilitators: Maureen Matthew, Parkinson Program Coordinator will facilitate this workshop:
When: Monday October 21, 2013 from 10-2:30pm
Brown bag lunch included
Where: Salvation Army Citadel 4030 Douglas Street (above or North of Mckenzie)

One of the best ways to minimize stress is by planning ahead. Knowing who to call and what to ask for can build your confidence in addressing whatever unfolds. This workshop will explore sources of help available and give you a broader understanding of services beyond what you’ve might have heard or read about. We are pleased to welcome Maureen Grant from VIHA Home & Community Care. She will describe H&CC services, how & when to contact this department and what you need to know to use H&CC services effectively. She comes with 30 years of experience with the system and a compassionate understanding of caregiver challenges.

A brown bag lunch will offer you time to connect with others. We will also have a discussion about some of the many private services available in the community that you may wish to use instead of or in addition to VIHA options. Hearing from one another about experiences in using services is always a popular part of this kind of workshop. So come and learn where to get help when you need it to experience greater confidence and a sense of connection with others.

Pre-registration required:
• Space is limited, but a waitlist will be created if needed
• Call or email Maureen Matthew at 250-475-6677 mmatthew@vepc.bc.ca
• Cost is $20 when you register (by donation for limited income)
MY PD SYMPTOMS

- Alf Todd

Walking down the road with my sweetie one night;
My arms wouldn't swing, not to the left or the right.
You could hear me coming, sounds like a scuffle,
It's only me doing the Parkinson's shuffle.
My wife made a comment as we walked past a farm,
That the odor was potent but would do us no harm.
I asked if she meant the cow with the bell,
Then she remembered my poor sense of smell.
As we kept walking, we came to a store,
We turned up the steps and walked in the front door.
I needed to purchase the things I wrote down,
But my list that I'd written had dropped on the ground.
My body's too stiff to bend down and retrieve it,
If it weren't so important, my choice was to leave it.
The clerk came to help, seeing my list on the floor,
the store closed at 6 and it was quarter past four.
First item I'd written on the top of the sheet
was a can of brown paint, about the colour of wheat.
When asked by the salesman if he could shake up the can;
I said "just leave it to me, I'm a Parkinson's man".
Having finished my shopping, I said "thanks" and "please";
my brain said "let's go" but my legs chose to freeze.
It happened so fast, there was no time to react;
I fell to the floor with my paint can intact.
Said my wife as she helped me and checked all my parts,
"It wouldn't have happened if you'd used one of their carts".
We packed up our stuff, shuffled out of the store;
It's time for a nap; already 4:54.
When we finally got home, my shoes were worn smooth;
I laid on the couch for my late-afternoon snooze.
Sleep overtook me, but it wasn't to last;
As my leg did a jerk, I woke up real fast.
Soon after I'd eaten and taken my meds,
I looked at the clock and climbed into my bed.
Going right off to sleep, all too soon to awaken,
it's only past midnight, dawn's not yet breaking.
I guess that I'll lay here for the rest of the night,
dream of ways of winning this Parkinson's fight.
What’s on the Web?

Find us at: WE ARE!!

FB  Headway Victoria
facebook.com/pages/Headway-Victoria-Epilepsy-
and- Parkinsons-Centre

Twitter @VEPC
twitter.com/VEPC

The web
www.headwayvictoria.com

TIPS FOR STAYING SAFE ONLINE
1. Guard your personal information well. Always ask for verification or authentication.
2. Never trust a link sent to you by someone you don't know. By clicking the link
   you may be taken to a site that may look like your bank or credit card company, but isn't.
   If you’re unsure call your bank and ask them to verify the email.
3. Never trust an e-mail that asks for your personal or account information (called a phishing scam).
4. Never believe that someone you don't know is going to give you money.
5. Remember privacy. People can access your information by performing a simple google search.
   They can find your address, phone number and sometimes personal details online. Be cautious
   what information you willingly post on sites such as facebook.

Over the past few weeks, you will have noticed ‘HeadWay’ tagged to our name, Victoria Epilepsy
and Parkinson's Centre. The 2013 Board initiative of rebranding and confirming HeadWay, Victoria
Epilepsy and Parkinson's Centre, as a new identity for the agency is refreshing and intended to promote
a new enthusiasm for the Centre's role in the community.

Support, care, knowledge, these 3 words have been chosen to describe the way we intend to meet our
mission; to strengthen clients’, families’ and communities’ ability to manage the physical, psychological
and social effects of Parkinson’s and epilepsy. After 27 years of one organization successfully managing,
growing and delivering services of two neurological programs, there really has been headway made
toward understanding the conditions of epilepsy and Parkinson’s and building supportive, caring and
knowledgeable relationships with clients, our community, our clinicians and professionals, and our
members and supporters.
Not surprising, it has been a very busy few months since April’s newsletter. Some members have let us know that we are late getting this newsletter published and sent. However, we decided to delay the June newsletter until September and move our newsletters into a true fall, winter and spring publication time. In addition to this we have been trying to contact people and ask if emailed newsletters are satisfactory or if you, as a member, prefer the post. We need to direct our donated funds as efficiently as possible. I have also learned how the newsletters are valued...thanks for the compliments!

June 5th was our Annual General Meeting held at Ross Place in their Great Room. I want to thank Ross Place for hosting and catering...lovely! I especially appreciate the members that were able to join us for the meeting and lunch. Charitable organizations need members present at an AGM to acknowledge that the society’s mission and values are being demonstrated within client services and funds distribution, and to share in the election, retention and appreciation of the Board of Directors. As volunteers, board members actively participate in the financial and ethical governance of the society and centre and provide valuable direction to me, as the executive director, in the management of funds and services associated with the Victoria Epilepsy & Parkinson’s Centre. A very sincere note of appreciation was passed along to Catriona Johnson (executive director 2009-13), Harvey Lazar (board member 2011-13), and Dr. Alex Moll (board member 1986-2013) for their valuable time and efforts dedicated to the Centre and Society. The AGM also gave an opportunity to introduce HeadWay to the membership and respond to questions about the new logo.

June 20th was the 21st annual Peninsula Co-op Charity Golf Classic. After the banquet and speeches, I received several positive comments about the importance of explaining just what the Victoria Epilepsy and Parkinson’s Centre does; what our role is in people’s lives affected by epilepsy or Parkinson’s. I want to thank Murray Scharf and Randall Ulrich for their eloquent words describing the role the Centre has played in their life.

The International Parkinson’s Congress in Montreal is quickly coming up here in October. Our Parkinson’s Coordinator, Maureen Matthew will be there, and we look forward to hearing everything she has learnt, as a result of her attendance.

I wish to pass along my sincere appreciation for your responsiveness and generosity to our annual summer donation campaign. As a member your donation is very important to the day-to-day operation of the Centre, and this year we really need your help because of the relocation. Thanks everyone for the help you’ve offered.

Finally, I want to invite everyone to join in our enthusiasm for the fall agenda. Our fundraising charity event is being able to participate as a runner, walker, sponsor, or cheerleader in the GoodLife Fitness Charity Marathon Run on Thanksgiving Sunday.

Sincerely,

Barb Gilmore
Executive Director
Agency Update

Peninsula Co-op Charity Golf Classic
The 2013 Peninsula Co-op Charity Golf Tournament was held on Thursday 20th June 2013 at Olympic View Golf Club. Do you remember the weather that day? It might as well have snowed! Despite that...we created some good memories! On behalf of the Centre I wish to express our appreciation to Peninsula Co-op staff for their enthusiasm to dress-up as southern belles and participate not only as a title sponsor, but also on the organizing committee and as volunteers. We certainly appreciate all of the sponsors, auction prizes donations, and most importantly the golfers that truly weathered the elements and made a great day. The spirit and enthusiasm to contribute to a worthy cause was awesome! Thank you. Approximately $30,000 was raised! This contribution went directly to Victoria Epilepsy & Parkinson's Centre services.

GoodLife Fitness Victoria Charity Marathon Run
Mary Winspear Centre, Sidney, Thursday, September 12th
Afternoon Tea & Talk 2pm- 4pm
You may know that the Victoria Charity Marathon Run is held annually on Thanksgiving Sunday and selects charities for two consecutive years to be the recipients of the promotion, awareness and fundraising efforts associated with the event. We have been selected as one of the charities for this year and next, and we really want to make the most it!

Check out sponsorship on our website http://vepc.bc.ca/events/goodlife-fitness-victoria-marathon.html
HeadWay Victoria Epilepsy & Parkinson’s Centre is inviting you to join in the fun and sponsor a runner for the HeadWay Team. Come to one of these activities and share in the excitement AND be a part of Parkinson's or epilepsy awareness. Parkinson's Steps, a get-together to raise funds & awareness for Parkinson's and HeadWay Victoria Epilepsy & Parkinson's Centre.

Medications continued from p.7......
Our agency is no longer offering pharmacist consult appointments. However, you are welcome to call Maureen Matthew to brainstorm any medication issues you are having. Maureen may be able to help educate you about Parkinson's medications and symptom management to help you prepare well to review your concerns/questions with your physician. We also encourage you to develop a good working relationship with your pharmacist. You can also ask if your pharmacist offers 'Medication Reviews'. This is a service for which the pharmacist can be reimbursed by Pharmacare with the following criteria:

- You must have a minimum of 5 medications listed on Pharmanet (the computerized listing of your medications) AND the pharmacy needs to be staffed well enough so that the pharmacist can take the time to conduct a medication review with you.
- The pharmacist reviews that you understand what you are taking, why you are taking it and if you are using the prescribed daily dose
- Note: It is not clear the extent to which you can ask more specific questions about treatment
Advertising Guidelines
Acceptance of advertising does not constitute an endorsement by the Headway Victoria Epilepsy & Parkinson's Centre of the products or services listed.

Distribution: 800 Victoria & Vancouver Island
Seasonal Issues: Fall, Winter, Spring/Summer

For ad rates, format, deadlines and payment options please contact Della Cronkrite, VEPC Office Manager, at (250) 475-6677 or email: help@vepc.bc.ca

Confidentiality Guidelines
We respect your right to privacy, so please be assured that our agency does not share our membership list with outside individuals or organizations. Occasionally we may ask you to volunteer some information so that we can better understand our clients' needs and improve our services.

Newsletter Support provided by:

Please Note: Our website is now www.headwayvictoria.com but is being quickly redirected to www.vepc.bc.ca while we change over. We remain the Victoria Epilepsy and Parkinson's Centre (not VEPC) for any cheque payments.

Staff hours availability:
Parkinson's Coordinator: Maureen Matthew
Available: Monday, Tuesday & Wednesday

Parkinson's Outreach Coordinator: Lindsay Beal
Available: Monday, Wednesday & Friday

Epilepsy Coordinator: Jennifer Morgan
Available: Monday to Friday

Community Awareness Coordinator: Sandra Graham
Available: Monday to Thursday

Finance & Administration: Della Cronkrite
Available: Tuesday to Friday

Executive Director: Barb Gilmore
Available: Monday to Friday

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Parkinson's Outreach Coordinator - Lindsay Beal, M.Ed
Community Awareness Coordinator - Sandra Graham, B.S.W
Accounts- Della Cronkrite

EDITOR'S NOTE: Our newsletter and education meetings provide a range of information which does not necessarily reflect the views of our agency. Please use your discretion and consult your physician.

IMPORTANT CHANGE OF ADDRESS NOTICE - To reduce agency costs for newsletters returned with incorrect addresses, please keep us informed of any change in your address so that we can ensure you receive the newsletter.