



Victoria Epilepsy & Parkinson's Centre

TRANSMITTER

The Magazine Of The Parkinson's Program

Vol. 37, September 2015

Parky's Peddlers Ride a Success!

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Three men. 320 kilometers. Over \$4000 raised in donations. All in honour of one remarkable man with Parkinson's, Mr. Alf Todd. This is the second year that cyclists have rode an incredible distance to raise funds in support of Parkinson's disease.

Alf's daughter, Cindy Todd, formed the Parky's Peddlers in honour of her father back in Spring of 2011.

This year, on June 13, 2015, three close friends of Alf's did a ONE DAY ride from Victoria to Tofino, B.C. In case you were wondering, that's a distance of 320km (200 miles) in a day! Very impressive!

CHEK News graciously promoted the fundraising initiative right before their long ride out to Tofino. The cyclists were escorted by Constable Anderson from the Tofino RCMP Detachment as they made their way into Tofino. All local businesses and their guests cheered as the group cycled by. The number of businesses and individuals who made donations to Parky's Peddlers is incredibly heart-warming and touching.



Alf Todd has donated all the money raised to HeadWay in support of our Parkinson's programs and services. We are so incredibly thankful for this kind gesture and impressed with the charitable and supportive people we have in our community. Thank you Alf!

"In support of Alf Todd's incredible courage and dignity through the years since his diagnosis."

- Parky Peddler's Donor

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Parkinson's Research is Fuelled by Hope and Volunteerism

By Maureen Matthew, BSW

There are some exciting research developments in Parkinson's to tell you about. We now recognize that there are many non motor symptoms that pre-date a Parkinson's diagnosis. This understanding has opened up many new domains of research related to, for example, the association between constipation and Parkinson's. One intriguing area of research over the past 9 years has been the growing body of information suggesting a link between gut bacteria and Parkinson's. To stay current on this subject and other news, check out What's Hot in Parkinson's, a blog written by National Parkinson Foundation Medical Director, Dr. Michael Okun at <http://www.parkinson.org>. Meanwhile, as the research unfolds, we can use these reports to help us explore our digestive health and whether there is more we can do now to enhance our nutritional wellness.

Another intriguing area of research is the potential benefit of Isradipine. This medication is currently on the market to treat high blood pressure. The STEADY-PD III study (www.steadypd3.com) is in the largest and last stage of drug development, a Phase 3 clinical trial. The hope is that this medication may slow the progression of Parkinson's. The international study sites have recruited eligible research participants who have been diagnosed, but not yet treated with Parkinson's medication. This news points to the benefits of keeping yourself current on research trials that you may qualify for. One good website link is through the Michael J. Fox Foundation link <https://foxtrialfinder.michaelfox.org>

The American FDA has approved two new medications to manage Parkinson's symptoms. Rytary is a new form of extended release levodopa/carbidopa that may be absorbed better than current formulations. Duopa is a levodopa/carbidopa intestinal gel administered through a tube inserted into the small intestine. Although these medications are not yet available in Canada, one can look to the intention behind the research and use it to our advantage. If the ideal Parkinson's symptom control is achieved by smoothing out medication levels in the brain, frequent smaller dosing intervals may be one way to manage symptoms better. To accomplish this for yourselves, your neurologist needs your insights about whether your symptom control is smooth or variable throughout the day.

So how can you support research efforts closer to home? You can advise your neurologist locally of your interest in research opportunities they may be involved with. Important research work is going on at Pacific Parkinson's Research Centre in Vancouver. You can visit their web site www.parkinsons.ubc.ca for news about clinical trials seeking candidates in BC. On page 10 in this newsletter, we describe a simple way for you to be involved in genetic research without a trip to Vancouver.

PWR or Parkinson's Wellness Recovery is a form of exercise championed by Becky Farley, a PhD neuro physiotherapist from Tucson Arizona. Becky is passionate about impacting the course of Parkinson's and maximizing function. Through her research, she has identified exercises that are best done in a big way and with a high level of intensity to generate the most benefit. Exercise research is building on the capacity for those with Parkinson's to induce neuroplasticity. This excitement is what has fueled Parkingo, a highly successful grassroots movement on the Saanich Peninsula and now in the Victoria area. Visit www.parkingo.org for more information. Also, on Monday September 28th, Parkinson's Society BC is bringing Becky to Victoria to speak on her research. Please see page 5 for details.

Hugs, Maureen

Victoria Parkinson's Wellness Workshops

Group sessions are facilitated by Maureen Matthew, Parkinson's Program Coordinator. All meetings now require PRE-REGISTRATION by contacting Maureen at 250-475-6677 or mmatthew@vepc.bc.ca

Location: The Salvation Army Citadel 4030 Douglas St (North of McKenzie).

Cost: Suggested donation is \$10 each to cover expenses or at your discretion.

The Benefits of Cognitive Behavior Therapy with Neuropsychiatrist Dr Mohamed Gheis

Date: Tuesday, September 29, 2015 **Time:** 1:30pm-3:45pm

Description: Dr. Mohamed Gheis is a much loved local psychiatrist. He will be introducing the concepts of cognitive behavior therapy (CBT) for managing depression and anxiety. CBT can be a very effective strategy for addressing thoughts that feed our discontent. We are generally unaware of most of what we are thinking. By enhancing our awareness of our thought patterns, we can identify distorted perceptions that don't serve us. It can be a self affirming practice to choose to change how we think about ourselves, our circumstances and our relationships. By accessing a set of tools, we can enhance the quality of our lives. If you wish to explore CBT, one of the books Dr Gheis recommends is Feeling Good by Dr David Burns. In addition to Dr. Gheis' presentation on September 29, he will be presenting on the same topic for the Sidney PD group on October 6 and at the Westshore PD group on October 20th.

Enhancing Quality of Life with Parkinson's

Date: Tuesday, November 24 **Time:** 1:30pm-3:45pm

Description: Maureen Matthew, Parkinson's Program Coordinator will conduct this interactive session. Having witnessed the journey of countless people with Parkinson's and their loved ones, her message is one of hope and personal power to minimize the impact of Parkinson's. This session will highlight:

- Each person's unique mix of symptoms (motor and non motor)
- Proactive lifestyle approaches
- Effective practical coping strategies
- Understanding what to expect from Parkinson's medication
- Maximizing effective use of physician appointments

Victoria Parkinson's Wellness Workshops (Cont'd)

Cognitive Behavior Therapy Pilot Group Program

Date: January 2016 launch of a short term group. Recruitment begins in October 2015 by contacting Maureen Matthew at 250-475-6677 or mmatthew@vepc.bc.ca.

Description: We are pleased to announce that our agency will be trialing a short term CBT group program. We hope to enhance understanding of how CBT techniques can be adapted to serve people with Parkinson's. We will be seeking a maximum of 10 eligible Parkinson's clients for this project in January 2016. This would interest those who:

- are available to attend 8 weekly sessions
- are highly motivated to change dysfunctional thought patterns,
- are functionally independent
- have minimal change in memory and cognitive function,
- are committed to journaling and homework between sessions and
- are comfortable communicating in a group regarding personal growth issues.

Chronic Disease Self Management Program

Pre-registration required.

Dates: Wednesdays, September 16-October 21, 2015 **Cost:** Free **Time:** 1pm-3:30pm

Location: HeadWay Boardroom

Description: Coordinated by the University of Victoria Centre on Aging, offers a fabulous approach to problem-solving and goal-setting. Step 1 is to decide if you are ready and motivated to explore your part in making your life better in spite of PD or whatever health concern you wish to focus on. Gratefully, no matter what your chronic health condition, this 6 week program has something to offer. Topics include: coping with stress, exercise, nutrition, handling fatigue, and communicating with your health care team. Spouses and care partners welcome to register.

Please register in advance with Jennifer Morgan at 250-475-6677 or jmorgan@vepc.bc.ca

Parkinson's Support Groups



Group sessions are facilitated by Lindsay Beal, Parkinson's Outreach Coordinator. Drop-in basis. Time: 1:30pm-3:30pm Suggested donation of \$4.

Sidney Group - Meets 1st Tuesday of every month (Sept-June) **Location:** Saanich Peninsula Presbyterian Church, 9296 East Saanich Rd.

Westshore Group - Meets 3rd Tuesday of every month (Sept-June) **Location:** Alexander Mackie, 753 Station Ave.

Parkinson's Support Groups (Cont'd)

Description: Group discussions are introduced through topics of interest and relevance to living well with Parkinson's. Sessions are rich with personal life experience, caring respect for one another and a wealth of practical information and wisdom.



Schedule for Support Groups:

September: Review of key points from Kaitlin Roland's presentation on Cognition and elaboration on the term 'neuroplasticity'.

October: Introduction to Cognitive Behaviour Therapy (CBT) with Dr. M. Gheiss (see p.3 for details).

November: Discussion on community resources including Better At Home.

December: Activating the voice through song and celebrating the winter season with Margot Johnson.

Parkinson's Society of British Columbia Upcoming Events

Essentials for Individuals with Parkinson's Disease (Hosted by PWR! Faculty)

Speaker: Dr Becky Farley, PhD, MS, PT **Date:** September 28, 2015 **Location:** The Salvation Army Victoria Citadel, 4030 Douglas Street, Victoria **Time:** 1:00 pm to 3:00 pm **Cost:** FREE

Description: Join Dr. Becky Farley at this community talk, and learn more about how regular neuroplasticity exercise programming can delay the onset of Parkinson's symptoms and possibly slow the progression of the disease. After years of research, Dr. Becky Farley saw compelling data that proved the importance of the correct exercise foundation to target motor and non-motor symptoms of PD. From this knowledge, she worked to develop the research-based exercise program, Parkinson Wellness Recovery (PWR!). Attendees of this community presentation will have the opportunity to learn more about PWR! and why it works, as well as participate in several exercises.

Register here: <http://www.parkinson.bc.ca/pwr-community-talk-victoria>.

Victoria Regional Conference

Date: Mid-October (final date to be confirmed) **Time:** 10am-4pm
Cost: \$30 for PSBC members, \$40 for non-members

Description: Topics to be covered: A Parkinson's overview including recent research, the neurological effects of exercise, health care planning, and an interactive exercise component. Lunch and light refreshments will be served.

Once registration has opened, more information regarding the Victoria Regional Conference can be found on the PSBC website: <http://www.parkinson.bc.ca/education-events>.

MotionWays

By Lindsay Beal

I love dancing! I would say that most people love dancing – even those who “never” dance, are the ones with eyes glued on the dancers. I’ve also noticed that for many people, the word dance can be loaded with meaning and expectations. For example, if we associate ‘dance’ with performing, then we might also be linking it with observation and judgment – which is so uncomfortable. Putting the word ‘dance’ aside, we can also put aside that distressing list of associations. Let’s just talk about movement, motion, mobility. Life is movement. Every cell within us moves and when we do what we are made to do, it feels good.



In a recent survey, participants said the greatest impact Motion Ways created was in the areas of balance, awareness of posture and overall function. The most valued content of the class was dancing.

“This has been the missing piece to the puzzle of my life.”

- MotionWays Participant



Many neurological conditions such as Parkinson’s, epilepsy, peripheral neuropathy, multiple sclerosis, or acquired brain injury leave people struggling with instructions, following steps, or even performing ordinary movements. Motion Ways is a class where the pace is self determined, instruction is minimal, and following is optional. Using music, and suggestions for movement, I facilitate creativity and mindfulness. Activities involve focused attention to one’s own experience with movement. In an atmosphere of experimentation and fun, people can reduce stress and improve flexibility and balance.

I am currently the Parkinson’s Outreach Coordinator at HeadWay. I have my bachelor of science in psychology, and master of education in art education. I have facilitated classes for people all ages and varying abilities for over 30 years. I was a student of 5 Rhythms® for nearly a decade, and completed the 2 year Undercurrents (movement meditation) program with Andrea Juhan. I hope you join me and others this autumn in exploring the ways of motion.

How to Register?

Register with the Gordon Head Recreation Centre at 250-475-7100 Registration Pin Required: 687557

Dates: Mondays, September 14 - December 14, 2015 **Cost:** 12/\$100 **Drop-in Fee:** \$9 plus tax

Time: 11:15am-12:15pm **Location:** Gordon Head Recreation Centre, 4100 Lambrick Way

“Lindsay is the kind of person who empowers people to realize who they really are; a professional who values all souls someone who understands the importance of laughter. She helps people love themselves and others.”

“The instructor, Lindsay, inspires me..she models the broad range of knowledge she has about the benefits of movement/dance to one’s overall health.”

Calendar of VEPC Programs Events

September to December 2015

Date	Time	Topic	Venue	Register (R) Drop-In (DI)	Cost
Tuesday, Sept. 1	1:30 - 3:30	Discussion on cognition and neuroplasticity	Sidney	DI	Don.
Tuesday, Sept. 15	1:30 - 3:30	Discussion on cognition and neuroplasticity	Westshore	DI	Don.
Tuesday, Sept. 29	1:30 - 3:45	Introduction to CBT with Dr. M. Gheiss	S.A. Citadel	R	Don.
Tuesday, Oct. 6	1:30 - 3:30	Introduction to CBT with Dr. M. Gheiss	Sidney	DI	Don.
Tuesday, Oct. 20	1:30 - 3:30	Introduction to CBT with Dr. M. Gheiss	Westshore	DI	Don.
Tuesday, Nov. 3	1:30 - 3:30	Discussion of community resources	Sidney	DI	Don.
Tuesday, Nov. 17	1:30 - 3:30	Discussion of community resources	Westshore	DI	Don.
Tuesday, Nov. 24	1:30 - 3:45	Enhancing Quality of Life with Parkinson's	S.A. Citadel	R	Don.
Tuesday, Dec. 1	1:30 - 3:30	Activating the voice through song with Margot Johnson	Sidney	R	Don.
Tuesday, Dec. 15	1:30 - 3:30	Activating the voice through song with Margot Johnson	Westshore	R.	Don.
More on other side!					

For registration:
Call 250-475-6677

Email mmatthew@vepc.bc.ca or

Gordon Head Rec. (GH Rec)
4100 Lambrick Way

Sidney
Saan. Pen. Presbyterian Church
9296 East Saanich Rd.

Sally Ann Citadel
4030 Douglas St.
(Turn North off McKenzie)

West Shore
Alexander Mackie
753 Station Avenue

Calendar of VEPC Programs Events

September to December 2015					
Wednesdays (Sept. 16 - Oct. 21)	1:00-3:30	Chronic Disease Self Management Program	HeadWay Boardroom	R	Free
Mondays (Sept. 14 - Dec. 14)	11:15-12:15	MotionWays	GH Rec.	R	12/\$100 or \$9 drop-in
Tuesdays and Thursdays (Ongoing)	11:30-12:30	Seated Exercise	Cedar Hill	R	\$10/class
Mondays and Thursdays (Ongoing)	1:00-2:00	Seated/Standing Exercise	Silver Threads	R	\$10/class

For registration:
Call 250-475-6677

Email mmatthew@vepc.bc.ca or
lbeal@vepc.bc.ca

Gordon Head Rec. (GH Rec)
 4100 Lambrick Way

Sidney
 Saan. Pen. Presbyterian Church
 9296 East Saanich Rd.

Sally Ann Citadel
 4030 Douglas St.
 (Turn North off McKenzie)

West Shore
 Alexander Mackie
 753 Station Avenue

Save the Dates

The GoodLife Fitness Marathon



Every year GoodLife Fitness chooses twenty local non-profit organizations to benefit from the fundraising and awareness of the Victoria Marathon. HeadWay has benefited the last two years and we're looking to top our efforts in 2015! This is a great way to support HeadWay and raise awareness of Parkinson's in our community. Not a marathon runner? Why not sign up to walk 8k or be a cheerleader? There's a children's run too!

Date: Sunday, October 11th, 2015 - Race starts on Menzies St at Kingston St (beside the BC Legislative Buildings) **Time:** Marathon race begins @ 8:45am

Check out the marathon website at <http://runvictoriamarathon.com/> for details and stay tuned to the HeadWay website at www.headwayvictoria.com to register for our team or direct pledges to our agency (Team name: HeadWay VEPC).

Parkinson Society of Canada's Superwalk



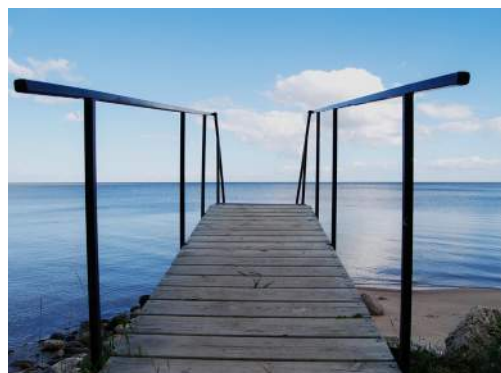
Date: Saturday, September 12, 2015 **Location:** Esquimalt Gorge Park, 1070 Tillicum Road **Time:** Registration: 9:00 AM | Walk Start: 10:00 AM

Description: Put on your running shoes and rally your team because, back by popular demand, Parkinson SuperWalk is returning to Victoria, BC! Thanks to the support of Jill Ames-Carson and Headway, The Victoria Epilepsy and Parkinson's Centre (VEPC), SuperWalk will be taking place at Esquimalt Gorge Park on Saturday, September 12, 2015.

Parkinson SuperWalk is the single most important awareness and fundraising event for Parkinson Society British Columbia. Over 114 communities, 2,000 volunteers and 14,000 walkers across the country participate in the event collecting pledges and corporate sponsorships to raise funds for critical research and support services. Together we can help make a difference for those living with Parkinson's!

For more information on the walk, or to volunteer, please contact Kate at (250) 920-9663 or visit www.parkinson.bc.ca/superwalk.

HeadWay's Very First Health Fair!



Date: Saturday, February 27, 2016

Time: 10am-4pm

We are looking for community organizations that would be interested in taking part in the health fair! This is a great opportunity to promote your organization, share resources, and connect with the community. If this is of interest, please contact Lynn Fanelli, our Development Coordinator, at lfanelli@vepc.bc.ca or call 250-656-2871

Accessibility: Not Just Ramps and Grab Bars

By Lindsay Beal, M.Ed. and Sue Decker, SLP

There is a conversation happening, and you just don't feel like you're part of it. What's happening? You used to be so outgoing, and really enjoyed the lively banter after the golf game, or at the birthday dinner. Even the now dreaded cocktail party used to be something to look forward to. Why is joining the conversation so difficult now? Well, is the conversation accessible for a person with Parkinson's? Communication 'ramps' and 'grab bars' exist, and installing them is a team effort.

For some, bradyphrenia is a symptom of Parkinson's. This is slowed and more effortful thinking. As we listen, we encode information; we process it and integrate it with other things we know. Then we store it in memory. If you do not have the time you need to encode and store information, then future conversations on the matter will be difficult.

Another symptom fairly common with Parkinson's is having a soft voice that doesn't compete well in lively conversations. Pair this with trouble finding words, and the person with Parkinson's is at a big disadvantage.

Talking about communication is not something most of us do, so it can be uncomfortable at first. If you trust that people in your life are interested in you and the things you have to say, you will have a head start at finding some solutions. Sue Decker is a registered Speech Language Pathologist (SLP) in Victoria who offers an education program, Communication 101, for people with Parkinson's, family and friends. One of the program targets is to help people start the conversation about communication. Then together they can develop and implement a plan to minimize the effects of PD on communication.



Sue explains, "There are three elements that build the communication 'ramp': the person with Parkinson's, the communication partners, and the environment/context." People with Parkinson's can learn and apply clear, loud speech and ask for what they need to participate in conversations. The partners can include longer pauses between key points of their messages and repeat those key points. Partners also can prompt the use of agreed upon strategies of the communication plan. When building the 'ramp' with the environment, strategies might include minimizing background music, supplying adequate lighting, or committing a specific time of day for the important conversations. Visual-spatial perception can change with Parkinson's so you might find visual aids such as maps and diagrams useless. Keep paper and pen handy in your environment because having written verbal directions and explanations are more effective than pictures.

Sue Decker SLP, offers education and awareness programs, assessments and consultations. Sue is also certified in Lee Silverman Voice Treatment (LSVT Loud). For more information on her services contact: suedeckerslp@gmail.com

Care Partner's Corner

The Family Caregivers' Network Society (<http://www.fcns-caregiving.org/>) is an excellent local resource for families to receive information and support in the journey of caring for a loved one. We wish to extend our heartfelt sympathy with the loss of Barbara Small, Program Development Coordinator for the Family Caregivers' Network. Barb supported caregivers for over 12 years through FCNS. She had tremendous impact on the lives of many and we feel so grateful for all she did to serve others. It's been said that service to others is one of the highest forms of love. We thank you, Barb for your gifts of love and we will miss your presence in our lives. We send our condolences to the dedicated team at FCNS for their loss of a colleague and friend. We recommend family to visit FCNS's website for information about their newsletter, teleworkshops and webinars, or you can phone them at 250-384-0408.

An Eleven Year Old's Message about Parkinson's

I am honored to share this note passed on to me from a local man with Parkinson's. We know that the body language of Parkinson's can be misconstrued by those unaware of Parkinson's. Gratefully this man has been open with his family as to help them understand that he is not angry inside (his nickname is Mr Grump). It is just his Parkinson's mask. He describes how he compensates for his stiff facial expression and his sometimes gruff words, by being playful about it with his relatives. It can be difficult for people with Parkinson's to teach those around them about their condition, not wanting to draw too much attention to their illness. But generally, people don't want to pry and will take their cue from those with Parkinson's. The following message from an 11 year old great granddaughter is a poignant example of how profound the lessons in compassion can be for loved ones.

Have you ever had the feeling that you wish something would go away? Well I have. My great grandpa whom I call Mr Grump was diagnosed with Parkinson's which is a terrible disease that affects many people and families. He is very special to me and it hurts me to watch him suffer and knowing there is nothing I can do to stop it. Whenever I go to visit him he can't smile anymore even though he tries, instead he gives me a hug and then jokes around and he sits in his chair or goes to his room to rest in his hospital bed. He tires very easily. He also thinks I am his world and his everything. When he watches me do my skating performance, he cries and praises me for a good job. I cannot believe that a man so sweet could be filled with pain knowing that each day is going to become harder so whenever I spend time with him, I know to cherish it because one day he won't be here.



We offer our compassion to the families who have lost the following loved ones and extend our sincerest thanks to those who sent donations in their memory:

Henry Behder, Jim Cline, Vivi Heppell, Jane Howland, Gordon Keats, Dr. Gerald May, Bob McKee, Wilfrid Meagher, Peter Stos, Elizabeth Tudway-Cains, Marie-Claude

Research Corner - Resources



Viartis

Looking for credible quality Parkinson's research updates? Viartis is a consortium independent and entirely self funded medical researchers specializing in Parkinson's Disease, based in London, England. Viartis is not part of any other company, university or organization, and have no religious or political allegiances. Articles are chosen solely on the basis of their medical significance or potential interest. The overwhelming priority is the facts, regardless of whether or not they contradict prevailing views or vested interests. Analysis of articles is provided either to explain the background or implications of new information, or to balance misleading claims. This web site is viewed in over a hundred countries all over the world. Find them here viartis.net/parkinsons.disease/

HealthLinkBC

Did you know that you have FREE access to nursing and dietician support as well as after-hours pharmacist information? Right at your fingertips! Call 8-1-1 from anywhere in British Columbia to speak with a nurse any time of the day or night. On weekdays, you can speak to a dietitian about nutrition and healthy eating. At night, they have pharmacists available to answer your medication questions. More information can be found at www.healthlinkbc.ca

Do you have a family history of Parkinson's? You may be able to support genetic research.

Vanessa Silva and Tara Candido coordinate genetic research at the Pacific Parkinson's Research Centre in Vancouver. As Vanessa reported recently, "it is by working closely with families where there are multiple incidents of Parkinson's that we are more likely to find genetic factors that contribute to disease. The hope is that when we uncover what those genetic risk factors are, we are more likely to come up with more effective therapeutic targets in the future. "

Vanessa and Tara welcome those on Vancouver Island to participate in genetic research from their local community. Facilitating this for participants outside of the lower mainland can get quite expensive so they restrict participation to individuals who have a family history of Parkinson's (parents/siblings/cousins/aunts/uncles/etc). Participation is very easy and requires a short telephone call after which Vanessa would mail you a sample kit. The kit contains everything needed to get a small blood draw done (6mL), consent forms, shipping materials and a lab requisition (BC Biomedical/Lifelabs). The research centre does cover the cost of shipping as well as the blood draw. For more information or to participate, please contact Vanessa at 1-604-827-1905 or by email at vsilva@can.ubc.ca



From the Executive Director

Autumn will soon be in the air and there is lots happening, which is no doubt a reflection of the interest and involvement from our volunteers and membership. Thank you to everyone that supported HeadWay at either the HeadWay Charity Golf Classic on June 12th, the Annual General Meeting on June 30th, or with your generous donation through our annual summer fundraising campaign.

You may not realize that the annual charity golf tournament had its 23rd year of title sponsorship from Peninsula Co-op, and within the 16 other sponsoring businesses, CanPro Construction and Pepsi have sponsored every year as well. Thank you! Along with the priceless fun and memories, \$30,000 was raised for the Centre. Check out the golf website for sponsors and then go to photos....they're good too!
<http://www.headwayvictoriagolf.com/sponsors/>

The Annual General Meeting in June holds the election for Board of Directors members. What an enthusiastic and active board I have the pleasure of working with! Ross Young will continue as president and new executive positions are: Matt Peulen as vice-president; John Pereira as treasurer; and Katy Fairley as secretary. Dr. Alexandre Henri-Bhargava, Alanna Holroyd, and Fiona Bayliss will continue as members of the board, and welcome to Leslie Hodgkinson. We are all looking forward to a productive year.

The 2014-15 Annual Report and Audited Financial Statements are available to view on our website. Significantly 40% of last year's revenue came from donations, including planned giving such as regular monthly giving and bequests. We have almost 900 members and it is through the membership and the associated donations that we are able to continue services. Please accept my sincere thanks for your continued support!

I want to say thank you to Alf Todd, Walter Schnetzler and Marty Kukler with Tofino for their organization of the Parky's Peddler's 320 km cycle to Tofino. What a gesture and what ride! Over \$4000 was raised for HeadWay's Parkinson's program. Cheers to you!

I look forward to seeing many of you at the Parkinson's SuperWalk on Saturday September 12th along the Gorge Parkway. This is a fundraiser for the Parkinson Society BC and a major awareness event for Parkinson's for all of us. I'm also practicing my cheers for those of you participating in the Victoria GoodLife Fitness Marathon on Thanksgiving Weekend!

Thank you again everyone for your continued support of our Centre.

Barb Gilmore
Executive director

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