



Parkinson Society Central & Northern Ontario

Société Parkinson du Centre et du Nord de l'Ontario

# The ParkinLot

Durham Region Chapter, since 1981

December 2010

## President's Message

### Joy

Joy to the world! These are the words we so often hear this time of the year. Here, in the Northern Hemisphere, we may be most in need of this wish for the light is low, the days are short and the cold makes our muscles tighten up (along with our smiles).

So our festivals rouse us from our lethargy. We make the effort to create a holiday atmosphere, cook wonderful food, think of others and choose meaningful gifts including the gift of our time and money for people who especially need it. And, as we act, the days start getting longer and lighter and the snow sparkles and the sun shines and our hearts are lifted.

So it is with PD. There are darker days when the body doesn't work as well, when the day is darker and colder. Then we make the effort and find something, no matter how big or small, about which to be joyous. For those moments, we feel happier.

Within our Chapter I find joy in our seeing one another, in sharing a hug, in hearing or reading some bit of information that helps, and in experiencing the family fun of the September lakefront crowd. These times are "easing the burden" at its finest.

On a larger scale, I find joy in knowing that we are making headway (no pun intended) in creating a national Brain Strategy and the Ontario Brain Institute, in knowing that scientists are learning more about how the brain and its mish-mash of chemicals work, and in anticipating the World Parkinson Congress in Canada in 2013.

Especially at this time of the year, I wish you JOY.



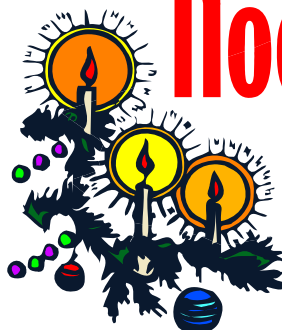
Linda Thrasher

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# Noel





## Meet Your Neighbour

*This month, we continue to meet members of our Chapter, someone who has Parkinson's disease or not, and their partner if appropriate. The goal is for us to know each other better, to be more comfortable at meetings when talking with the other people at our table. We need people to share their stories. Remember that everyone's experience is their own. You may have different issues and different triumphs in your life. We would like you to volunteer. If you are willing to share your story, call the Chapter telephone line.*



Today we meet Harry Murphy, Vice-president of our Chapter, member of the SuperWalk organizing committee, and, with his wife Lynne, fruit-cake fundraiser extraordinaire. Harry and Lynne, thank you for volunteering to share your story.

**Harry:** "My name is Harry Murphy. I'm 63 years old. Both Lynne and I were born and raised in Scarborough. We lived there until we moved to Ajax 14 years ago. I have 8 siblings. My 91-year-old mother is quite concerned about me and my Parkinson's."

**Lynne:** "We met in 1967 while we were both teaching at St. Boniface School and married in '69. We have 2 children, Lisa and Jeff, their spouses Trevor and Anya, and 4 grandchildren. I also have a brother and a sister. We are a close family. Harry and I really appreciate the support we get from them. Many of our family and friends have come to SuperWalk many times over the years."

**Harry:** "We continued our careers with the Toronto Catholic District School Board until retirement. Over the years, I was a teacher for 5 years, vice-principal for 2, and principal for 23, all in 8 different schools. In 2004, after a total of 37 years, I ended my career as Superintendent of Education, Board Leader, Success for All."

**Lynne:** "I taught senior kindergarten to grade 6 for 38 years in 6 different schools, during which time I also took 5 years off to raise the children. In our leisure time, we traveled and camped a lot. "In fact we still travel a lot today. We look forward to our 3-month winter trip to Florida. As well, we are really enjoying watching our grandchildren grow up, attending all their school and sports events."

**Harry:** "My other passions are NASCAR racing and Camaros. I am helping Jeff restore a '69 Camaro and I own a 2002 35<sup>th</sup> anniversary edition of the Camaro."

**Harry:** "I used to go on long walks, successfully shedding many pounds. At one point I noticed that one of my arms was not swinging when I walked. So Lynne encouraged me to see my GP who sent me to a neurologist. I was finally diagnosed with PD in 1997."

"In the beginning I was selective in telling people about my Parkinson's. Of course I had to find out about PD first because I knew very little about it. Telling my wife and children was the most difficult. I began to openly talk about my diagnosis as the symptoms became obvious. My walking gait and speech problems were obvious to people by the year 2000. My colleagues were very supportive and as more teachers and principals became aware of my PD, I received much support and prayers."

"PD is like a thief in the night. It robbed me of 8 years of a career I was enjoying. So plans change. The thing I find hardest about having PD is not smiling because when I don't, the children think I am unhappy. I try to smile when I am reminded to."

"Today I cope by taking my meds, by learning and socializing at our Chapter meetings, by using the advice and speech therapy I can get at the movement disorder clinic, and by using assistive devices such as a special bed, a laser, and a travel chair."

**Lynne:** "For me the hardest part is wondering about the future, about whether I'll stay healthy enough to continue taking care of Harry. On the other hand, we have had 41 years of marriage. We're actively coping with the condition. Harry can still do the things he loves to do; he hasn't given up. He continues to do all the maintenance on the house and the gardening. We are very involved with all our family. The kids are healthy and doing well. Our friends and family continue to be a great support."

**Harry:** "My message to you all is to take each day, each hour as it comes. Try to—no, rather: **Be** as positive as you can."

Thank you, Harry and Lynne.



## Drumming

Many of you will remember the wonderful drumming evening we had in the spring. That programme came from the Oshawa Seniors Centre where Violet and Gordon Strigley and Betty Raitt have been participating for a long time. Gordon and Violet approached the Whitby Seniors' Centre with a view to increasing the availability of the drumming that they find beneficial.

Starting in the New Year, there will also be a drumming programme at the new Community Centre in Brooklin. Our Chapter made a donation of \$500 to this new initiative. Congratulations to all.



**Course information on page 4**

### Tips for Travelling/Living with PD

(A Summary of the Ideas from the October Meeting)

We started our October Chapter meeting with Jean Keary giving some travel tips based on the cruise she and Charles took this year from China to Korea, Japan, Russia, Alaska and Vancouver. Their flight to Beijing was courtesy of Air Canada as a result of their winning the Grand Prize in SuperWalk 2009.

Those at the meeting then added their own tips for both travelling and living better on a daily basis. Some of you may also find these useful:

- Both should *want* to travel.
- Medications – take enough; they have to be kept in their own pharmacy-labeled container.
- Ensure privacy by using your Parkinson Society medication card at Security.
- Keep your meds with you. Do not check them with your luggage.
- Get your doctor to sign an authorization for release of medical information to another doctor.
- Let your doctor know you are going.
- Do you need to call your insurance company before treatment? Find out and take numbers. Also: what exactly are you covered for? Pre-existing conditions may be covered if you enter an acute phase while travelling – find out.
- Take a transport chair (lightweight, compact version of a wheelchair).
- Book an accessible cabin – big, shower into which you can push a wheelchair, grab bars, ramps.
- When booking with an airline, let them know you need a wheelchair and assistance; some planes also have wheelchair accessible washrooms.
- Don't be afraid to ask people for assistance.
- Don't rush the person with PD – it doesn't help and may hinder
- Let the person with PD answer questions asked of them.

- Travel light. For example, use Tilley clothing that washes and dries easily.
- Have the proper currency ready.
- Use luggage with wheels and extending handles.
- Stay with relatives.
- Pack snacks and water.
- Get updated traffic reports before starting on a motor trip.
- Pre-plan: gas up the car ahead of trip.
- Take trains instead of flying – check for reduced fare for person accompanying person with PD.
- For daily use, consider getting your meds blister-packed by a pharmacy—there may be small cost.
- Use tweezers, grabbers or magnets to pick up items.
- Put risers under sofa legs so it is easier to get on and off the sofa.
- Alpaca socks are toasty and warm for Parkinson cold feet.
- Use sippie cups (fewer spills).
- Use nosie cups (one edge is lower to accommodate your nose, so that you do not have to tip your head back which can cause choking).
- Get a straw holder to clip straw to side of glass.
- Use fold-up cart for carrying groceries.
- Firm up your sofa with high density cushions or a piece of wood placed under the cushion.
- Get a spring-loaded transfer pole to assist in getting in/out of bed.
- Use satin sheets or satin pajamas – slipperiness helps movement – be sure you don't slide right out of bed!
- Elevate the head of the bed if blood pressure is low.
- Take medications on time.
- Drink at least 1 full glass of water each time you take pills.
- Use cutlery with angled handles.

Compiled by Linda Thrasher. Thank you.

## Advocacy Ontario: Ontario Brain Institute

On November 15, 2010, Ontario Premier Dalton McGuinty announced \$15M in start-up funds for a new research initiative called the Ontario Brain Institute. This new research initiative is focused on basic research that will lead to more effective therapies and tools for people living with a range of neurodegenerative conditions, including Parkinson's, and contribute to the hunt for the cure.

Throughout his speech, Premier McGuinty spoke eloquently about the experience of the millions of Ontarians living with a neurological condition and the need for research and innovation to improve their quality of life. "Today's announcement reinforces the Government of Ontario's commitment to brain research, and to excellence in community care and support for every Ontarian living with a brain condition. We know there's work to do in all these areas, but today's commitment is an essential step if we are to uncover new treatments and ultimately a cure for brain diseases and disorders like Parkinson's, dementia, Alzheimer's, autism and schizophrenia", stated Joyce Gordon, CEO of Parkinson Society Canada and Chair of the NHCC (pictured with Premier McGuinty).

Neurological Health Charities Canada (of which the Parkinson Societies of Ontario are members) worked closely with the Premier's office to ensure that this announcement aligned with the needs expressed by Ontarians living with neurological conditions through the recent Ontario Brain Strategy consultation. The announcement can be found at <http://www.ontario.ca/premier>



Premier Dalton McGuinty and Joyce Gordon, CEO, Parkinson Society Canada

### Parkinson's Exercise Class

Course #112071

Time: 1:30 to 2:30 p.m.

Location: Centennial Bldg

Start: Monday, January 10, 2011

Finish: Monday, March 21, 2011

Cost: \$27.62

### Drumming

Course #1122806

Time: 1:30 to 2:30 p.m.

Location: Brooklin Community Centre

Start: Friday, January 14, 2011

Finish: Friday, March 4, 2011

Cost: \$28.96

"Drumming helps reduce stress, energize, relax and have fun."

You must be a member of the Whitby Seniors Activity Centre. To register for the winter session, phone 905-668-1424.

### In Memoriam

To the family and friends of:

Ron Windling

George White

Shirley McDonald

John Taylor

Bill Larrett

Thomas Kellett

...we extend our deepest sympathy.

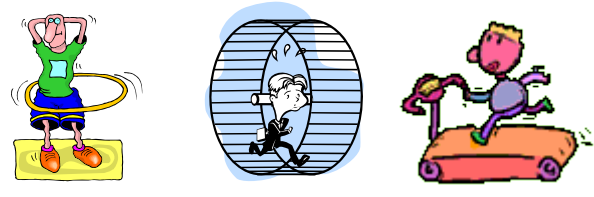
### Chapter Meetings for 2011

Monday: February 7, March 7, April 4,  
May 2, June 6

Location: St. Mark's United Church  
201 Centre St., South, Whitby

For information call : 1-866-264-3345

Articles and information in ParkinLot are for interest only. Always consult your physician or health care provider in matters relating to health concerns or medication.



## One-Time New-Year Gift to Our Members

As our president often says at our monthly meetings, "What's the second most important thing for someone with Parkinson's?" Surely you know the answer by now.

So, the Chapter Executive would like to encourage you to exercise! To do that, we have decided to offer you a **one-time** rebate of some of your exercise-program fees. That is, we will pay half your fees (to a maximum of \$50) for the first trimester of 2011. You choose the program you want to take.

Here are the details:

- You must be a PWP (person with Parkinson's disease), a CarePartner, or a former CarePartner.
- You must be in our Chapter database by Jan. 1, 2011.
- The rebate will be for 50% of the fees for your participation in the first 4 months of 2011 in an exercise program of your choice.
- There is a limit of \$50 per person.
- There is a limit of 2 rebates per household.
- Submit your Exercise Fee Rebate Request, **accompanied by the original receipt** for your payment, by April 4, 2011, in one of the following ways:
  - o Hand deliver the form and the receipt to a member of the Executive at a Chapter meeting
  - o Mail the form and the receipt to Paul Gauthier, 12 Beaumont Drive, Ajax, ON L1T 1R9 (suggest putting in the mail by March 28, 2011).
- We have set a limit of \$2000 for this program (first come, first served).

Questions? Call the chapter line (1-866-264-3345) or email Paul at [PHGauthier@Yahoo.com](mailto:PHGauthier@Yahoo.com).



Parkinson Society Central & Northern Ontario  
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**Durham Region Chapter**

### Exercise Fee Rebate Request Form

**Name:** \_\_\_\_\_

**PWP** \_\_\_\_\_ **or CarePartner** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Town:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Exercise Program:** \_\_\_\_\_

**Amount paid for Jan. to Apr., 2011:** \_\_\_\_\_

**Rebate requested (max. \$50):** \_\_\_\_\_

**You must attach the original receipt!**



# SuperWalk 2010

Parkinson Superwalk 2010 is now in the history books and another success for Durham Region chapter. On Sunday September 12, at Rotary Park, in Ajax. Many families and friends registered, walked and helped us raise **\$87,700**. We are proud to say we raised the second largest amount, after Toronto, of the 16 walks in Central and Northern Ontario. Many people brought family and friends to enjoy the great weather and of course to meet old friends, make new ones and have a great time while supporting people living with Parkinson's disease.

A very sincere thank you to the organizing committee who work year round and give many volunteer hours to making Superwalk such a success. They are (in top photo) **Marshall Davidson, Margo Ashe, Linda Thrasher, Jean Keary, Diane Collins & Paul Gauthier**, (in lower photo) **Harry Murphy**.



Without their support and hard work we would not have Superwalk.

### Congratulations goes to:

- ♠ Cheryl Hinzl (daughter of George and Margo Ashe) and Leslee Wills (daughter of Warren and Sonia). They raised \$9,000 and \$5,000 respectively.
- ♠ Paul Gauthier and Jean Keary who brought in over \$9,000 and \$5,000 respectively including their corporate sponsors.
- ♠ The 26 SuperStar walkers who each raised over \$1,000.
- ♠ The Bertha's Tulip team who raised \$17,302—*team #6 in all of Canada*.
- ♠ Our other 9 teams who averaged \$2175 ranging from \$555 to \$4470.
- ♠ George Papanicolopoulos of our Chapter won the National superStar Walker draw and its prize of a 60-inch Sharp Aquos LCD TV.

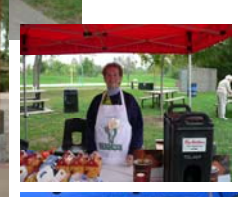
A special thank you to all the volunteers who come and help out in various ways on walk day. We would not have such a great walk without your generosity and smiles.

This year we were honoured to have political representatives from all levels of government:

- \* Steve Parish, Mayor of Ajax Steve has hosted our event for the last 8 years.
- \* Mark Holland, MP for Ajax Pickering, Mark attends Superwalk on a regular basis.
- \* Joe Dickson, MPP. This was Joe's first Superwalk and we look forward to his continued attendance.
- \* Joane Dies, Colleen Jordan, regulars at Superwalk Shaun Collier. We look forward to seeing Shaun again in 2011.

Thank you all for your support.

Jean Keary, Chair, Superwalk Committee Superwalk 2010





## Platinum Sponsors



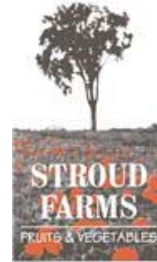
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Ajax



Ajax, Bowmanville, Peterborough

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Pickering



Durham Region



Whitby

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Pickering



Ajax



Oshawa



Uxbridge



Ajax



Ajax



Oshawa



Oshawa



Whitby

THE BODY SHOP.

Oshawa



Ajax

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Gilbank Sleigh Rides, Hampton  
MacMillan Orchards, Ajax  
Parkwood Pharmacy, Oshawa  
In Great Hands Wellness Centre, Oshawa  
Rougemount Physiotherapy, Pickering  
Sunset Grill, Whitby

*Thank you to our local sponsors*



### CarePartners

This important group meets the 3<sup>rd</sup> Monday of 9 months of the year under the skilled leadership of Susan Bishop-Gomes, usually at the home of Aureen Landon.

Time: 7 pm

Location: 716 Tulip Court, Oshawa

#### Meeting dates for 2011

January — Christmas meeting  
(call chapter line for information)

**February 21, March 21, April 18,**

**May 16, June 18**

If you are a person who cares about or cares for someone with Parkinson's disease, then CarePartners is for you. Meet informally, share ideas, concerns, fears, and joys, give mutual support, and make new friends.

For information call:

1-866-264-3345

### Quilt Raffle



The draw took place on October 30, 2010. The winner of the raffle for the exquisite quilt, created by the Durham Trillium Quilters' Guild, was Mair Greaves of Whitby. Many thanks to the Guild for their generosity—in creating the quilt and in selling tickets, and to Lynne Huether who pieced and quilted it. Thanks, too, to our Chapter members who sold so many tickets and to you who bought so many.

On December 6, the Guild presented our chapter with a cheque for **\$4702.50**. We also received a card which said, "You're amazing! First you dreamed it, then believed it— it's not surprising you achieved it! Congratulations on your accomplishment. We were honoured to be able to help" We were honoured to work with them.

Linda Thrasher

### Durham Region Chapter Executive

2010-2011

President	Linda Thrasher	905-683-2892
Vice President	Harry Murphy	905-427-9597
Past President	Jean Keary	905-619-1469
Treasurer	Paul Gauthier	905-683-2892
Secretary	Mavis Finlayson	905-683-1038
CarePartners Program	Susan Bishop-Gomes	905-428-9864
	<b>Vacant</b>	
Membership	Dave Stainton	905-697-2686
Newsletter	Jean Keary	905-619-1469
Phone Committee	Pat Phillips	905-655-3879
Chap. Phone Line	Mavis Finlayson	905-683-1038
Library, Education	Max Robinson	905-509-1675
Director at Large	John Zimmerman	905-571-6106



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

Parkinson Society Canada is a not-for-profit organization that serves as the national voice of Canadians living with Parkinson's disease. Its mission is to ease the burden and find a cure. Parkinson Society Canada helps improve the quality of life for people living with Parkinson's disease, through research, education, advocacy and support services.