



Parkinson Canada Kingston Chapter



May 2021 Newsletter



Hi Folks,

I hope you are all able to enjoy change in the weather we are having. So much nicer than all the rain the first part of May brought us.

Change is also coming to Parkinson Canada Kingston Chapter which has served Kingston & area for 40+ years. On April 27, 2021, we were advised that Parkinson Canada has decided the Kingston Chapter will cease to exist as of May 31, 2021. Kingston will have a Support Group. Here is their reasoning:

“we have changed the way we manage local banking and tax receipting to adhere to CRA guidelines.... Parkinson Canada is working towards equitable access to programs and services across Canada and look forward to working with leaders and groups such as yours so we can receive feedback on how we can best serve the needs in your community.”

In light of this decision, our Board will dissolve on May 31st. All future communication about the support group will come from Parkinson Canada's Krista Duncan and/or Amanda Stanton.

This week you will be receiving a mailing from us with a short questionnaire. Please return it as soon as possible so we can follow your directions.

I have been privileged to serve our community for the last 14 years, the last 13 as President. I have learned so much from all of you as we have taken this journey called PD. I am hanging up my volunteer hat. It has been well-used for 63 years.

I wish you all well as I'm sure our Kingston Parkinson community will continue to support each other.

Palmier,
President, Parkinson Kingston

Meeting Recap

In the month of April, we had the pleasure of having Erin O'Brien as our guest speaker. Erin has been an integral part of Kingston's Parkinson's community. She is a highly dedicated seniors' fitness instructor and the instructor for our chapter's PWR!Moves classes.

Erin was initially inspired to get involved in the Parkinson's community after interacting with a family friend living with Parkinson's. She received certification to become an instructor for Parkinson's Wellness Recovery (PWR)! Moves in 2019. PWR!Moves is a research-based exercise program developed by Becky Farley, a physiotherapist and a neuroscientist from Arizona. The program focuses on 4 moves (PWR!UP, PWR!ROCK, PWR!TWIST, PWR!STEP). Each move strives to address some aspect of physical PD symptoms, such as freezing and rigidity. Erin's PWR!Moves classes focus on these moves, but she also likes to include voice and breathing exercises. Her classes are 1 hour in length and held over Zoom every Wednesday 10-11am. If you have the following items at home, they might be handy for her classes: a pool noodle, a scarf, and a yoga block. Sign up information is listed below in the "Exercise Programs" section.

We are so grateful to have Erin in our community, and many folks can attest to the benefits of attending her PWR!Moves classes. If you don't go to Erin's classes for the physical benefits, you can still surely go to witness her passion and get inspired by her positivity and enthusiasm!

News & Articles

- *Parkinson's Awareness Month 2021*

The month of April was Parkinson's Awareness Month. Parkinson's Canada was diligently informing the public about PD, debunking misconceptions, and spreading their message of "Together no matter what". They also provided an excellent summary of the local and national outreach they were able to garner for the month of April. Did you know there was 20,000,000 national views towards PD-related media in the month of April? You can read more about it here: [LINK](#)

- National roundtables to advance Parkinson's care in Canada

Parkinson Canada has initiated plans to host nation-wide meetings this summer to highlight the current gaps and shortcomings in Parkinson's care in Canada. These meetings will include movement disorder specialists, international experts, and people living with Parkinson's. This will allow PD care advocates to form better recommendations to the government. You sign up for email updates about these meetings here: [LINK](#)

- Promising skin swab tests for Parkinson's Disease Diagnosis

From University of Manchester, scientists investigated the potential use of skin swab tests for PD diagnosis. 500 participants were recruited in this study. Participants received a simple skin swab on their upper back, and the results for the detection of PD was 85% accurate! The scientific basis for this skin test is that PD is could be associated with increased sebum secretion (oily substances produced by glands in the skin), and unique sebum profiles may act as PD biomarkers. You can read more about this exciting research here: [LINK](#)

Virtual events and activities



World Parkinson Coalition Virtual Congress: Advancing Science, Care, & Living with Parkinson's – May 17th – 21st, 2021

This is an international 5-day event that covers 5 PD-related topics: Basic Science, Clinical Science, Treatment Options, Comprehensive Care, and Living with Parkinson's. Talks are prerecorded and accessible at your own schedule. Live Q&A sessions are available daily for you to attend. It is \$25 USD to register, and you can register here: [LINK](#)



Webinar: "Understanding Loss and Building a Compassionate Response: Tools for the Carepartner" – 1 PM ET May 26th, 2021

Parkinson Canada is hosting a webinar to discuss the various aspects of caregiving. They will touch on topics such as everyday

experiences of loss, grieving, and how the pandemic might impact caregiving. Their goal in this session is to normalize the emotional side of caregiving and to provide some tools for self-compassion and validation of one's feelings. Registration is free and accessible here: [LINK](#)

Exercise Programs and Resources

Name	Time and Date	Contact or Link
Kingston PD Dance classes	Tuesdays at 10 AM	Contact parkinson.kingston.chapter@gmail.com
PWR!Moves	Wednesdays at 10 AM	Contact wellness@crossroadsunited.ca
Dance for PD	Online classes and videos	https://danceforparkinsons.org/resources/dance-at-home

Health & Wellness: Eye Care

Parkinson's disease may impact vision. For instance, PD is associated with reduced blinking. Consequently, people living with Parkinson's may experience dry eyes. Having eye drops handy might help to alleviate discomfort from dry eyes. Parkinson's and PD medication can also influence more serious visual disturbances, such as double vision or blurry vision. For more serious vision problems, contact your ophthalmologist for regular check-ups. ([source](#))

During the pandemic, some of us also find ourselves spending more time glued to our screens. This can cause uncomfortable eye strains. Some tips to alleviate eye fatigue are to: ([source](#))

- Take a break (e.g., look outside your windows or take a walk outside)
- Use eye drops
- Adjust the room lighting so that is it neither too bright nor too dark
- Adjust the screen brightness

Closing Remarks

Our next meeting will be in June with Dr. Ron Levy, the DBS doctor, speaking. A date has yet to be set.

Many thanks to all the volunteers who have supported this Chapter over the years. You have enabled us to bring meaningful programming to our Chapter.

We are especially thankful for the Queen's For Parkinson Kingston (QPK) club for their participation in our Chapter. I'm sure you will be seeing more of them as they become involved with the Support Group.