



Parkinson Canada Kingston Chapter

March 2021 Newsletter



Hi Folks,

Isn't it great to see the daylight becoming longer, the snow & ice melting and hear all the birds cheerfully greeting the day. St. Patrick's Day and the "wearin' of the green" is on March 17th when all Irish folks and those who want to be, celebrate by wearing something green, eating Irish food and drinking Guinness or Irish whiskey.

"May peace and plenty be the first to lift the latch to your door, and happiness be your guest today & evermore." – Irish Blessing

And may you all enjoy the sunshine as we welcome Spring on March 20th,

Palmier, Kingston Chapter President

News & Articles

Tiktok video sparks Parkinson's invention

Jimmy Choi was diagnosed with PD when he was 27. He posted a Tiktok video of his daily struggle with his PD medication – he was trying to fish out tiny pills from a conventional pill bottle. Choi's Tiktok video went viral and caught the eyes of videographers and collaborators. Ultimately, it led to the creation of 3D printed PD-friendly pill bottle. The prototype pill bottle rotates and dispenses one pill at a time. It is much easier for patients with tremor or dyskinesia to obtain their pills one by one. The pill bottle design is currently still in its



prototype stages. ([ARTICLE](#))([TIKTOK VIDEO](#))

Jogger runs 250km in 30 days, raising over \$17,000 for PD

Danielle Groenendijk from Vancouver Island set an ambitious goal of running 250km in just 30 days to raise money and awareness for PD. Motivated by her grandfather's motor symptoms and limited by the COVID-19 restrictions, Groenendijk wanted to find a way to show her support. Although she has always been a casual runner, this goal was a significant challenge. Groenendijk says that "The idea of running came to me quickly especially because my grandpa's Parkinson's was progressing so fast." In the end, she exceeded her fundraising goal by \$7,000 and helped to raise awareness for PD. ([Her fundraiser website](#))

Freezing of gait in Parkinson's reveal distinct neuroimaging abnormalities

Freezing is the “episodic inability to generate effective stepping”, usually presented in more advanced stages of PD. Freezing episodes are dangerous and can cause falls and serious injuries. Numerous studies using functional MRI (fMRI) has been able to show abnormal neural connectivity in patients presenting with freezing. For example, there is impaired integration of the cognitive control network which participates in attentional control of movements. ([PAPER](#))



Check out articles written by Queen's student volunteers

This month, Natara wrote about “The Science of Music: Why Music Therapy Works for Parkinson's Disease”. You can read it here: [LINK](#)

Virtual events and activities



Ask the experts webinar on exercise and PD

Join the online webinar to hear from Dr. Julia Johnson, a neurologist who specializes in movement disorders and is the director of HealthPartners Parkinson's Center in Minnesota. Submit any questions you may have for her to answer during the Q and A using this link: [LINK](#)



East Coast Kitchen Party

Hosted by Parkinson Canada - join the community on Friday, March 26th, 2:30-4:00pm EST for music, storytelling, and other guests from the PD community. Register online: [LINK](#)



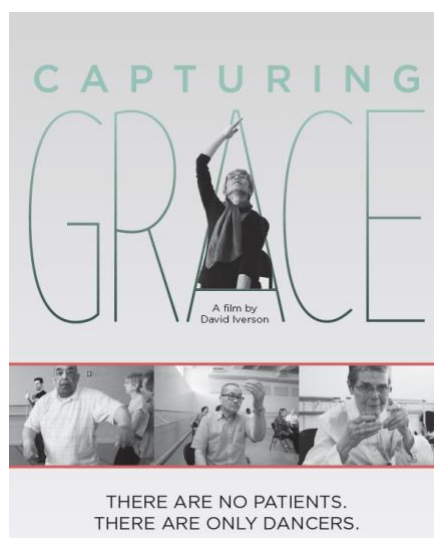
Share your story with Queen's students

Passionate about community involvement? Queen's for Parkinson Kingston (QPK) is looking for volunteers to talk about their experiences with Parkinson's to help educate curious students in the community. We will interview you by asking questions like: how has Parkinson's changed your outlook on life? What is one aspect of Parkinson's you wish more people knew about? Have you connected more to your community since you/your loved one being diagnosed? If you or a loved one has Parkinson's and you would like to help students learn more about life with PD, please contact QPK (qpk@clubs.queensu.ca).



QPK World Parkinson's Day Event

Join us on *Sunday, April 11th* for a full day of events: dance exercise with Amy Booth in the morning, arts & craft in the early noon, researcher and physician speakers in the afternoon, and evening screening of the documentary, "Capturing Grace". Pick and choose the activities you want to participate in. This event is open to everyone and anyone - free or by donations! Contact: parkinson.kingston.chapter@gmail.com or qpk@clubs.queensu.ca to sign up.



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: Ecotherapy

Ecotherapy is a form of therapeutic treatment involving outdoor activities; in its perspective, the health of human beings is viewed in the context of the health of Earth and its ecosystems. Ecotherapy helps people connect with nature to aid in dealing with physical and mental illnesses. ([Review of ecotherapy](#))



It has been prescribed to patients to help treat many medical conditions, including post-cancer fatigue, obesity, high blood pressure, and diabetes. A study from 2007 conducted from the University of Essex, showed that a walk in the country has been shown to reduce depression in 71% of participants, and that even just five minutes of being in a natural setting can improve mood, self-esteem, and motivation.

Some common ecotherapy activities recommended by [GoodTherapy](#) include:

- Nature meditation - meditation that takes place in a natural setting, and can be done in a group therapy session
- Horticultural therapy - using of plants and garden-related activities for therapeutic purposes

- Animal-assisted therapy - one or more animals is introduced into the process
- Physical exercise in a natural environment - includes walking, jogging, cycling, or doing yoga in nature
- Involvement in conservation activities - the act of restoring or conserving the natural environment can assist in creating a sense of purpose and hopefulness

Additionally, while being outside, according to [WebMD](#)'s article on ecotherapy, the USDA Forest Service recommends the following while engaging in physical activities outdoors:

- Go with a companion (or at least let someone know where and when you will be going)
- Take note of the weather
- Wear appropriate clothing
- Be aware of your surroundings
- Bring some water so that you won't become dehydrated, especially if it is warmer outside
- Put on sunscreen and insect repellent if necessary



Closing Remarks

Don't forget to register for the Parkinson Canada "Kitchen Party" on March 26th. Registration link: [LINK](#)

Spring Word Search

Hint: words can be spelled forwards or backwards. Answers on the next page.



G	F	Z	R	E	V	O	L	C	K	B	F	B	B	Y	P	M	F	Y	H
S	M	O	S	S	O	L	B	Y	R	R	E	H	C	R	F	F	W	K	I
F	T	U	L	I	P	G	S	R	E	W	O	H	S	S	P	R	O	U	T
X	S	L	I	D	O	F	F	A	D	Y	C	N	T	E	Y	Y	D	T	G
I	A	F	X	B	S	L	P	U	D	D	L	E	S	E	N	X	D	K	W
H	R	N	P	E	F	M	R	V	G	Y	C	D	G	D	F	V	Y	R	S
R	K	C	J	E	S	V	O	R	Z	S	O	R	B	S	Y	O	U	X	X
L	L	G	S	S	P	T	O	O	R	K	S	A	F	Z	E	V	B	Q	E
Y	C	N	S	U	L	W	Q	A	L	E	B	G	H	L	H	T	H	L	Y
F	T	L	U	S	T	B	I	S	C	B	U	A	W	F	E	E	P	H	B
H	I	Q	N	H	A	N	D	Q	O	F	T	W	I	Q	P	N	T	P	A
I	F	V	L	F	B	R	F	R	H	C	T	R	O	A	X	M	U	K	V
L	M	G	D	O	V	T	G	G	H	U	E	V	N	Y	R	R	M	I	Z
A	F	E	W	R	B	C	P	I	Y	X	R	Y	X	A	O	R	B	Q	Q
D	N	I	B	O	R	L	N	P	I	R	F	N	W	C	U	V	R	S	T
Y	E	Z	A	Z	L	G	O	R	L	N	L	W	I	L	K	C	E	P	X
B	S	X	A	F	W	S	U	N	S	H	I	N	E	C	Y	M	L	F	C
U	T	W	D	W	G	S	M	E	Z	E	E	R	B	G	P	G	L	K	X
G	E	V	O	R	T	W	W	X	F	M	S	Y	J	C	G	G	A	J	F
Y	F	C	I	B	E	A	X	L	N	Q	T	P	A	T	T	K	K	Z	U

Blooms
Clover
Daffodils
Sprout
Tulip
Grass
Growth
Nest

Hatching
Puddles
Cherryblossoms
Rainbow
Breeze
Warmth
Sunshine
Umbrella

Seeds
Ladybug
Robin
Bees
Garden
Showers
Butterflies

Spring Word Search

G F Z R E V O L C K B F B Y P M F Y H
 S M O S S O L B Y R R E H C R F F W K I
 F T U L I P G S R E W O H S S P R O U T
 X S L I D O F F A D Y C N T E Y Y D T G
 I A F X B S L P U D D L E S E N X D K W
 H R N P E F M R V G Y C D G D F V Y R S
 R K C J E S V O R Z S O R B S Y O U X X
 L L G S S P T O R K S A F Z E V B Q E
 Y C N S U L W Q A L E B G H L H T H L Y
 F T L U S T B I S C B U A W F E P H B
 H I Q N H A N D Q O F T W I Q P N T P A
 I F V L F B R F R H C T R O A X M U K V
 L M G D O V T G H U E V N Y R R M I Z
 A F E W R B C P I Y X R Y X A O R B Q
 D N I B O R L N P I R F N C U V R S T
 Y E Z A Z L G O R L N L W I L K C E P X
 B S X A F W S U N S H I N E C Y M L F C
 U T W D W G S M E Z E R B G P G L K X
 G E V O R T W W X F M S Y J C G G A J F
 Y F C I B E A X L N Q T P A T K K Z U

Found words: SEEDS, BUTTERFLIES, GARDEN, SHOWERS, BEES, ROBIN, LADYBUG, HATCHING, PUDDLES, CHERRYBLOSSOMS, RAINBOW, BREEZE, WARMTH, SUNSHINE, UMBRELLA, BLOOMS, CLOVER, DAFFODILS, SPROUT, TULIP, GRASS, GROWTH, NEST.

