



Parkinson Canada Kingston Chapter

December Newsletter



Hi Folks,

On behalf of Parkinson Kingston, I wish you all a very Merry Christmas and a Happy & Healthy New Year!

Parkinson Kingston Chapter, parkinson.kingston.chapter@gmail.com

December Meeting Recap

For our last chapter meeting of 2020, we had the pleasure of having **Nelson Sleno** as our guest speaker. Nelson is a Canadian author, professional weightlifter, motivational speaker, and overall an adventurous person. Nelson has had Parkinson's disease for the last 19 years (diagnosis in his late '40s), but that has not stopped him from taking on new projects and adventures.

Nelson was born and raised in Montreal. He later moved to Ontario, where he worked as a teacher. In college, he began training to lift weights professionally. Nelson currently holds 2 Canadian Olympics Weightlifting championships and 4 Canadian Powerlifting championships. Even in his sixties, Nelson continued to lift weights and set provincial records. Besides weightlifting, Nelson also practices karate and judo and was an active mountain biker.

Nelson recalls his first PD symptoms as a thumb pill rolling motion. He was eventually diagnosed, and he was determined to stay active. He returned to power lifting, began volunteering at the hospital, became a blues harmonica musician and performed live frequently. Nelson also wrote two books: "Shaking Hands" and "Beyond Shaking Hands". The first book

explores his warrior attitude towards PD, and the latter showcases the strengths of others battling with PD. For more information about Nelson’s books, you can check out his website (www.shakinghands.ca).

Others have said that “No one hates losing more than Nelson”. Nelson’s warrior attitude towards his PD and his determination to conquer this obstacle in his life is truly inspiring. Nelson also reminds us that many great things manifested from his PD that might not have otherwise, such as becoming a published author and a blues musician. As Nelson said, “It’s not what Parkinson’s does to you, it’s what you do with Parkinson’s.”

Virtual Event



brainXchange presentation: “Reducing dementia risk: best evidence and challenges ahead”

- Thursday, January 14th, 2021 12:00-1:00PM EST.
- Register online before limited spots fill up:
<https://reducingdementiarisk.eventbrite.com>

This event is open to all who register. Often the brainXchange events are booked up; so you may be put on a waiting list. If you are, you will receive a recording of the event after it occurs.

Exercise Programs and Resources

Name	Time and Date	Contact or Link
Dance classes	Resumes first Tuesday in Jan 2021 (10 AM)	Contact parkinson.kingston.chapter@gmail.com
PWR!Moves	Resumes in January 2021	Contact wellness@crossroadsunited.ca
Dance for PD	Online classes and videos	https://danceforparkinsons.org/resources/dance-at-home

Health & Wellness

Maintaining mental health is especially important in the long, dark winter months. But with COVID, this can prove to be more difficult than ever since restrictions on social gatherings will have an impact on peoples' mental health. But "being alone doesn't have to mean being in isolation," says [Noreen Sibanda](#), a psychologist in Edmonton. She says that we just have to get creative in how we interact. Try a virtual game nights or movie nights!

[CBC](#) recommends a few methods from professionals to help with mental health over the holidays:

- Learning some relaxation techniques, such as meditation
 - The New York Times: [How to Meditate](#)
- Exercising and keeping active
- Sticking to a routine – it can be as simple as having lunch or dinner at the same time every day
- If you are struggling with mental health and unsure what you are experiencing, consider taking simple questionnaires online: [PHQ-9](#) for depression or a [GAD-7](#) for anxiety. Always seek professional help if you have serious concerns.

Reaching out to friends and family can also help elevate your mood. Lastly, don't forget that students from Queen's for Parkinson Kingston (QPK; qpk@clubs.queens.ca) and our chapter is always here for you! Don't hesitate to reach out if you ever need someone to talk to.

Closing Remarks

Thank you to QPK for putting this newsletter together.



*"Somewhere across the winter world tonight
You will be hearing chimes that fill the air;
Christmas extends its all-enfolding light
Across the distance...something we can share.*

*You will be singing, just the same as I,
These familiar songs we know so well,
And you will see these same stars in your sky
And wish upon that brightest one that fell.*

*I shall remember you and trim my tree,
One shining star upon the topmost bough;
I will hang wreaths of faith that all may see --
Tonight I glimpse beyond the here and now.
And all the time that we must be apart
I keep a candle in my heart."*

- Mary E. Linton, Candlelit Heart