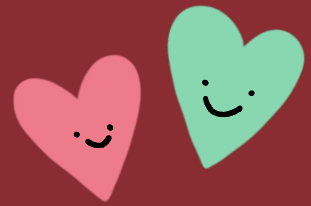


# February 2021 Newsletter

*Parkinson Canada Kingston Chapter*



## *Hi Folks,*

Happy Valentines's Day!

We in the KFLA public health region have been given the “green” light. While this allows us more freedom to move about, we still need to practice the safety measures especially with the new variants of Covid-19 already in and coming to our region. Wear your masks, keep your distance and wash your hands seem like such simple things to do but are vital to keeping us all healthy.

Take care & stay safe,  
Palmier Stevenson-Young, President, Parkinson Kingston

## *News & Articles*

---

### **1) *Potential relationship between diet & age of Parkinson's onset***

UBC has examined the relationship between adherence to the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet and the age of Parkinson's onset and compared the results to those who adhered to a MeDi (Mediterranean diet) diet alone.

What is a *MeDi* diet? What is a *DASH* diet? MeDi consists of primarily vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, fish, seafood, and olive oil. Less consumption of poultry and dairy products, and highly processed foods. A DASH diet is recommended to people who have high blood pressure or are trying to prevent it. It consists of fruits, vegetables, whole grains, and lean meats, and with less consumption red meat, salt, added

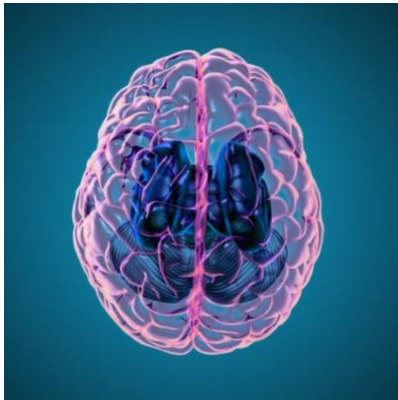


sugars, and fat.

A *MIND* diet is a combination of the Mediterranean and DASH diets and was designed to prevent dementia and brain function decline. It was shown to be associated with a [54% reduction of incidence of Alzheimer's disease](#).

Analysis showed that patients with a later PD onset age had higher adherence to all diets, but this only remained significant for women in the MIND diet and the MeDi for men. They also suggest that the tendency for women to adhere more strongly to the MIND diet may contribute to their lower rate of Parkinson's incidence. Researchers will continue to research the effects of diets on other Parkinson's symptoms as well. [LINK](#)

**2) *Researchers at the University of Alberta have found that Hoffmann reflex testing helps speed up DBS surgery for advanced Parkinson's***



Deep brain stimulation (DBS) is used to treat motor symptoms of Parkinson's (like tremors and walking problems) in patients who have been living with PD for at least four years and for whom medication is no longer effective. Electrodes in the brain interrupt abnormal signaling patterns that cause symptoms and have proven to improve many patients' quality of life. Since the electrodes have to be adjusted until the right fit is found and the patient needs to be awake during the procedure, DBS is a long process.

However, researchers have discovered that during DBS surgery, when the electrodes are applied correctly, performing a Hoffmann reflex test (reflex test of upper arms that typically causes abnormal movements in PD patients) will yield normal results! This will hopefully prove helpful not only during surgery, but also afterwards if DBS settings need to be adjusted. [LINK](#)

**3) *Parkinson's Canada research program funds 20 new projects in the 2020-2022 funding cycle***

Despite the delay in funding, in December, it was confirmed that Parkinson's Canada will be receiving over \$1,015,000 in new commitments. This will allow them to fund several new and exciting projects including:

- A fellowship aimed at increasing access to specialized care for PD
- A fellowship designed to encourage medical specialists to conduct more Parkinson's research
- Four fellowships to help young scientists explore biomedical research in PD

You can learn more about these projects and their potential impacts at <https://www.parkinson.ca/research/>

## *Volunteer Opportunity*

---

The Clinical Education Centre is part of the Faculty of Health Sciences at Queen's University. At our Centre, community volunteers engage in health-related interviews with our students, allowing the students to learn, practice and hone their history taking abilities before graduation.

On **Monday, February 22**, our Occupational Therapy students will be participating in a history taking session in the morning with community members who have a history of Parkinson's, Multiple Sclerosis and Amyotrophic Lateral Sclerosis. The only requirement for volunteers is that they are willing to share their stories with our students. Everything shared is confidential.

Interviews will run over Zoom from **9:30 AM – 11:30 AM on February 22** and each person would be asked to participate in 6, fifteen-minute interviews with small groups of students. There is also a fifteen-minute break in the middle.

Please email or call with any questions.

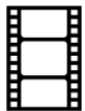
**Angie Mendieta-Sweet** | Manager, Programs - Standardized Patients, Volunteer Patients & OSCEs | Health Sciences Experiential Learning Program | Queen's University | Faculty of Health Sciences | Louise D. Acton Building | GSK Clinical Education Centre | Kingston, ON | 613-533-6000 x 78087 | [angie.ms@queensu.ca](mailto:angie.ms@queensu.ca)

## Virtual events and activities



**Free Webinar:** “How the Transmission of Alpha-Synuclein Elicits Parkinson’s Disease Pathologies”, presenting Morgan Stykel. hosted by the Parkinson Society Southwestern Ontario.

- *Date:* Feb 24th @12:00pm - 1:00pm
- *Link:* <https://parkinsonsociety.ca/event/how-the-transmission-of-alpha-synuclein-elicits-parkinsons-disease-pathologies/>



**QPK Online Movie + Game Night!** QPK is showing a featured film - “Awakenings” - online over Zoom. This is a 1990 film, based on a true story, starring Robert DeNiro and Robin Williams. It follows a doctor and showcases all of the challenges he faces in developing the drug L-dopa, which is the gold standard therapy for treating Parkinson’s symptoms today. Drop in to catch this touching film! The showing is free or by donations!

- *Date:* Feb 19th @7-9pm
- *Link to sign up:* <https://www.eventbrite.com/e/qpk-movie-and-game-night-tickets-140619335217>



**PD Canada’s SoundCloud** has many interesting audio recordings. For example, “What they didn’t tell me about caregiving”!

- *Link:* <https://soundcloud.com/parkinsoncanada/popular-tracks>

## Exercise Programs and Resources

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

## Health & Wellness: My Relationships

---

With Valentine's day coming up, we are celebrating love and relationships of all kinds - with your spouse, with your friends, your family, and anyone else close to you. Navigating these relationships with Parkinson's isn't always easy, but they are vital to helping you along your journey. So, here are some tips on managing Parkinson's and your relationships.



First, the most important relationship you will have throughout your Parkinson's is your relationship with yourself. It's always important to find ways to stay resilient and do what makes you feel strong and happy. Having a healthy relationship with yourself will help you learn how to keep your relationships with others healthy as well!

If you have a significant other, take time to have honest discussions with them. You can both share your hopes, fears, and frustrations about PD. You may also consider therapy to talk about the changing role Parkinson's plays in your life and in your partner's. As well, try to keep up with activities you do individually to give yourselves time to recharge. Remember: communication is key, and there is growth to come!

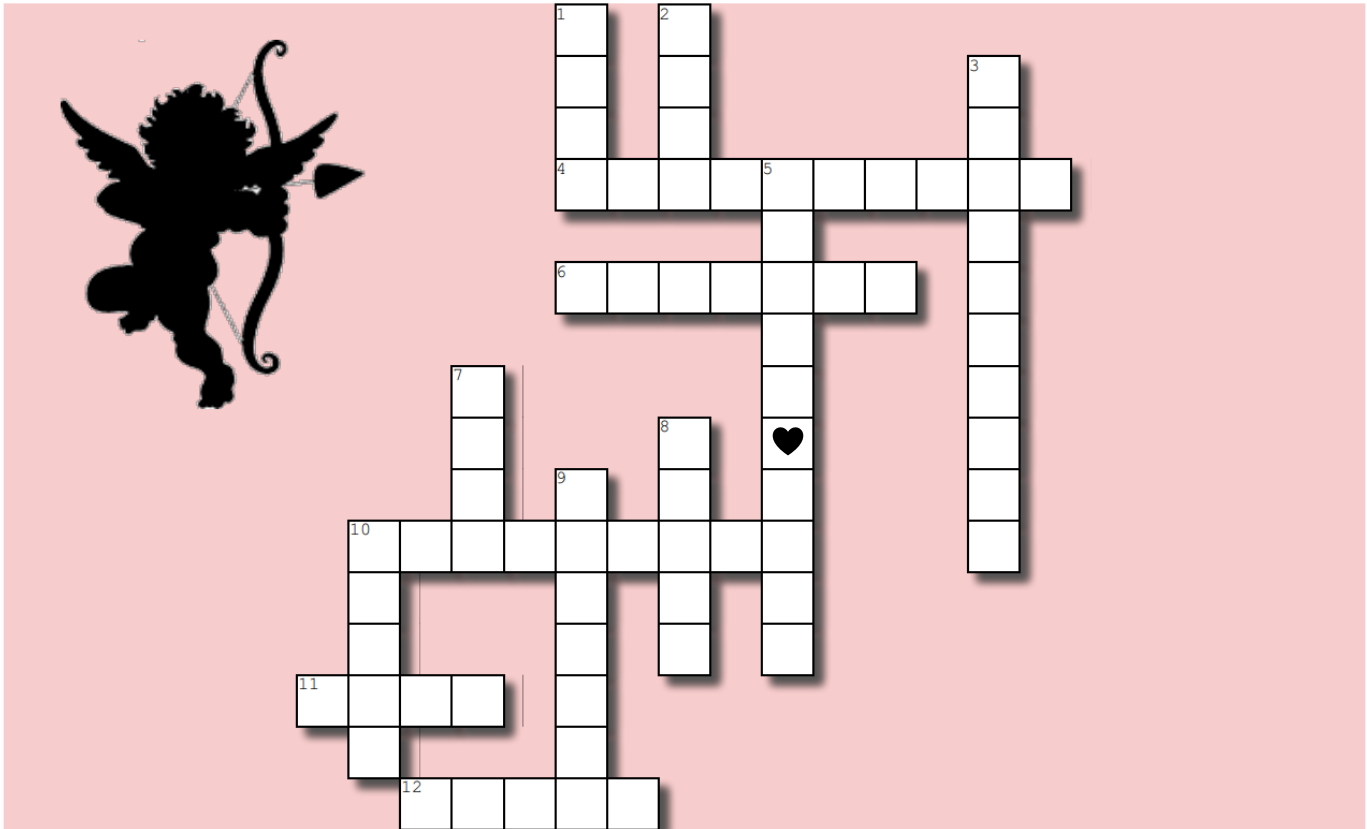
Last but not least are the love and relationships you have with your close friends. Tell them about your goals since being diagnosed with PD and let them know that although you might need more care in the future, you want to maintain the relationship. If you're feeling down, try to reach out to friends. Even with any challenges of PD that you may face, they, along with your partner and family, can make a world of difference to your happiness and comfort. Happy Valentine's Day! [LINK](#)

## Upcoming...

---

We are hoping to have a ZOOM meeting in February. Updates will be sent via email!

# Valentine's Day Crossword Puzzle



Created using the Crossword Maker on TheTeachersCorner.net

## Across

4. Shirley Temple was America's little \_\_\_\_\_
6. Audrey Hepburn and Gregory Peck play characters who fall in love in the film "Roman \_\_\_\_\_"
10. The common type of treat gifted on Valentine's Day
11. Mixing red and white makes this colour
12. A gift that can be bought by the dozen

## Down

1. \_\_\_\_\_ and kisses
2. This is in the air on Valentine's day
3. This type of flower in red represents admiration, deep love, and affection
5. Soft and snuggly stuffed animal
7. Hugs and kisses in a card
8. The Tin Man's desire
9. Affaire of the heart
10. Archer of love

(Answers on next page)

