

Parkinson Canada Kingston Chapter

August Newsletter

Hello folks of Kingston Chapter,

Summer is flying by rapidly! For the month of August, we come to you with this informative newsletter. We outline some exciting current events, upcoming activities to participate in, and educational resources regarding health and wellness. Cheers!

News & Articles

- Ralph Richardson is leading the way for Parkinson Canada SuperWalk. He has raised over \$25,000 with his daily goal of walking 30 laps around his driveway. He wasn't about to reach 30 laps per day until day 17, and he continues to walk even till today. Read more about his inspiring story here: [Link](#)
- Parkinson Canada introduces their partner, Canadian Open Parkinson Network, a nation-wide platform collectively working towards advancing Parkinson's research. They are recruiting participants across Canada for various clinical assessments. The hope is not only to enhance current knowledge but to build a meaningful foundation for future research. ([Link](#))
- LRRK2 protein raises risk of Parkinson's. Development and investigation of LRRK2 protein inhibitors as potential PD medication is underway, and its progress is being accelerated following the collaboration between biotech and drug companies. ([Link](#))
- Kim Barnett discusses how she, as a caregiver, participates in PD studies and the significance of caregiver contribution to the ongoing research in Parkinson's. ([Link](#))

- FDA approves new deep brain stimulation (DBS) system that allows for measurements of brain waves. This is a unique measurement for each patient, which may have the potential to unlock personalized DBS therapies. ([Link](#))



Virtual events and activities

- Queen's University Student Companions: Are you looking for a pen pal or someone to chit chat with? Perhaps someone to discuss your interests and hobbies with? Queen's for Parkinson Kingston club wants to start a program pairing students with chapter members seeking companionship during times of social distancing. Communication can be conducted virtually, over the telephone, or even through mail. To express interest, please email qpk@clubs.queensu.ca

PARKINSON CANADA
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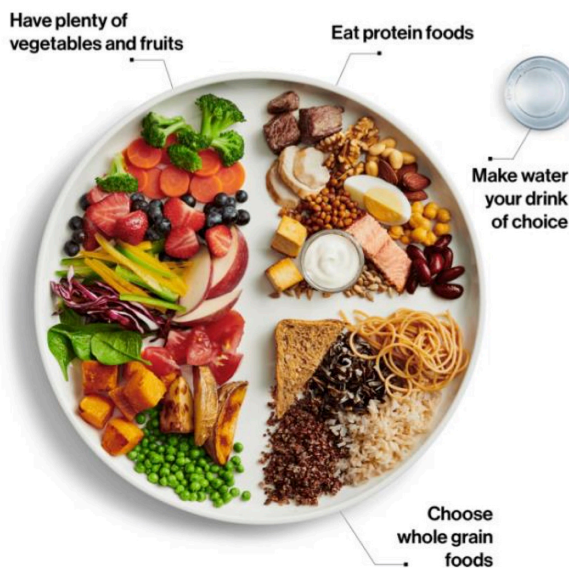


- Parkinson Canada SuperWalk is having their 30th anniversary! The opening ceremony will be on Saturday **September 12, 2020 at 11AM ET**. Check out their Facebook page on Sept 12th or use this [Link](#) to watch the live event.
- Want to relax your eyes and listen to some interesting conversations instead? Consider tuning in to the podcast “When Life Gives You Parkinson’s”. The host Larry Gifford shares his own experience dealing with PD, as well as featuring different guest speakers to discuss a variety of topics. You can always learn something new in each episode! Just to give you one example, on one episode, Larry interviewed a woman who can identify a distinct smell of Parkinson’s. You can access the podcast here: [Link](#)

| Programs | Where and when? | How to access or Contact |
|---------------------------------------|---------------------------------|---|
| “Functional Friday” with Erin O’Brien | Fridays at 10:00 AM and 1:00 PM | Cogeco (cable TV) |
| IN home/work OUT with Lance Letain | Online videos | Find on their Facebook page: www.facebook.com/parkinsoncanadamb |
| Dance for PD | Online videos | Find on their website: https://danceforparkinsons.org/resources/dance-at-home#featured |

Health and wellness

- For light reading, Parkinson Canada provides general guidelines on health and wellness in relation to Parkinson’s. This can be access here: <https://www.parkinson.ca/resources/educational-publications/>
- August health and wellness reminder is...*Nutrition!*



- Proper nutrition is vital in one’s wellbeing no matter who you are or what stage of Parkinson’s you are in. Canada’s Food Guide suggests eating plenty of fruits and vegetables, adequate protein and carbohydrates, drinking enough water to stay hydrated, and choosing healthy fats over saturated fats when possible. Read more about how nutrition and diet can affect bone health, constipation, and more here: [Link](#)

- Inspired by last month’s meeting discussion surrounding Levodopa and protein intake, Parkinson Canada’s statement regarding this topic is summarized here. “For some people [protein] may be absorbed first...The absorption of...[levodopa] may remain low until the protein has moved through the gut.” “If you are concerned about your ability to absorb levodopa, we recommend that you discuss this with your healthcare

team.” Most importantly Parkinson Canada says: “Effective management of Parkinson’s medications requires following a strict schedule. **Adjust your meals and snacks, NOT your medication.**” Consider consuming non-protein foods to take with medication such as crackers, fruits, and apple sauce. Read the rest of Parkinson Canada’s statement here: [Link](#)

- Always consult medical professionals about serious health concerns. When in doubt, consult professionals!

Closing Remarks

Our next meeting in September will feature a dental surgeon. He will talk about the importance of oral hygiene for people with PD (and the rest of us). Email for addition inquiries parkinson.kingston.chapter@gmail.com